



## EAR, NOSE & THROAT CONSULTANTS OF NEVADA

Ashley Sikand, M.D., F.A.C.S.

(702) 792-6700

### POST-OPERATIVE CARE FOLLOWING:

#### SEPTOPLASTY, FUNCTIONAL ENDOSCOPIC SINUS SURGERY, AND TURBINATE CAUTERY

1. There are no dietary restrictions following these surgeries. After any post-anesthesia side effects have resolved, you should increase your fluid intake for the first several hours. Also, we encourage you to take deep breaths twice hourly the first day post-operatively to expand the lungs to rid the body of any residual anesthetic.
2. It is important that you **DO NOT** blow the nose for at least 3 days post-operatively, unless otherwise specified by Dr. Sikand or his Physician Assistant Kathrina ("Kate") Paner. The force from this can cause or increase bleeding.
3. You may have bleeding or drainage from the nose for the first 12-24 hours after the surgery, so don't be alarmed. At first you may even need to change the drip pad every hour. As time goes by, the drainage will decrease. To clean any dried drainage at the opening of the nostrils, you can use a wet cotton ball. You can also put Vaseline on a Q-tip to moisten the tip of the nostrils. You need to call us if there is **HEAVY BRIGHT RED DRAINAGE** that is actively dripping for ten minutes and enough to fill a cup.
4. It is normal to experience a dull throbbing of the nose, headaches or facial pressure in the forehead area and the cheeks. You may be prescribed a pain medication to take every four to six hours as needed for pain. If you feel that that you don't need to take the prescription pain medication you can take over-the-counter Tylenol (acetaminophen) as directed on the bottle.

**REMEMBER: No Advil, Motrin, Ibuprofen or any Aspirin products for *two weeks* post-operatively.**

5. A soft ice pack or a bag of frozen vegetables can be placed over the bridge of the nose for the first 24 hours to help with swelling and tenderness.
6. If you were prescribed an antibiotic start this the day after your surgery and take it until finished. If you have any side effects please stop the medication and contact our office.
7. If you had a septoplasty (straightening of the nasal septum), a nasal splint was placed in both sides of the nose and held in place with a stitch. The nasal splints are made of a soft plastic and have an airway in each splint. These will hold the nasal septum in place and help with nasal breathing. The splints and stitch will be removed one to two days post-operatively. You may also have dissolvable sutures which will dissolve on their own within a week or two.
8. You may need to sleep with your head elevated while the splints are in.
9. Rinsing your nose with saline is important for proper healing. We recommend using a Neil Med Sinus Rinse Kit, which can be purchased at your local retail or drug store. Please wait to use Navage until one week after surgery. Start the rinses the day after the surgery and do them 3-4 times a day for two weeks. If you have nasal splints wait to start rinsing after these are removed.

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10. Relax and rest after the surgery for the remainder of the day. You are to do nothing that will increase your blood pressure or increase your heart rate, as that could cause bleeding.
11. Do not bend over from the waist or throw your head forward; this could cause bleeding. Squat at the knees to pick anything up.
12. Do not lift anything heavy (over 10 pounds) for the first 24 hours after surgery. You should avoid lifting anything over 25 pounds for the first two weeks post-operatively unless otherwise directed by Dr. Sikand or his Physician Assistant Kathrina ("Kate") Paner.
13. If you had a septoplasty, your post-operative appointment will be one to two days after surgery to remove splints and give your doctor the opportunity to examine the surgical area. This process is not painful, but may feel a bit uncomfortable for a brief minute. You can take pain medication about 45 minutes to one hour before your appointment to help with the discomfort and help relax you. You must have someone else drive you if you take the prescription pain medication. If you do not have nasal splints, your first follow up appointment will be 4 weeks after the surgery unless otherwise indicated by Dr. Sikand or his Physician Assistant Kathrina ("Kate") Paner.
14. If you have any non-urgent medical questions after your surgery, please call our triage department from 8:30 a.m. to 5:00 p.m. Monday through Thursday and 8:30 a.m. to 4:00 p.m. on Fridays at (702) 792-6700 ext. 1105.