



Ear, Nose, & Throat Surgery Center  
Physician Order

Patient Label

**DR. GOLL**  
**POST OP INSTRUCTIONS**

**Septoplasty:**

No nose blowing for 1 week  
Keep head elevated for 1 week  
Clean nasal splints with a Qtip and Peroxide

**Sinus Surgery:**

No nose blowing for 1 week  
Keep head elevated for 1 week  
Starting the day after surgery, use saline sinus rinses (with NeilMed or similar Rinse kit) 2 times a day.

**\*\*\*\*\*GIVE THIS PAGE TO THE PATIENT\*\*\*\*\***

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

### POST-OPERATIVE CARE:

1. There are no dietary restrictions following these surgeries. After any post -anesthesia has resolved, the patient should drink an increased number of fluids. Also, we encourage the patient to deep breath twice hourly the first day post-operative to expand the lungs to rid the body of anesthetic.
2. It is important that the patient not blow the nose or sniff for at least seven days post-operatively. Your doctor will speak further to you regarding this subject at the time of your splint removal, which is usually two to seven days post-operatively.
3. If needed, splints will be placed. The nasal splints are made of a very soft plastic and have an airway in each splint that will hold the nasal septum in place and aid the patient with an airway since there will be swelling in nasal passages. They will be removed two to seven days post-operatively. You will see drainage from the nose after the surgery, so don't be alarmed. At first you may even need to change the drip pad every hour. As the days go by, the drainage will decrease. You will see a black thread under the nostrils that is a suture. For dried drainage at the end of 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 BRIGHT RED DRAINAGE that is actively dripping for ten minutes, and enough to fill a cup.
4. You may be asked to apply ice compresses to the bridge of the nose for 24 hours following surgery to decrease swelling and pain. Frozen peas or corn in a zip lock bag work well.
5. You will be given a prescription for ATB (antibiotic) to begin after surgery. Be sure this prescription is filled to avoid any post-op infection.
6. You will be given pain medication that you take every four hours as needed for pain. Usually there is a dull throbbing of the nose, a feeling of headache or pressure in the frontal area and over maxillary sinus. You may be doing some mouth breathing too. You will feel relief when the splints are removed two to seven days after surgery.

REMEMBER:

NO ADVIL, MOTRIN, IBUPROFEN OR ANY ASPIRIN PRODUCTS FOR **TWO WEEKS POST-OPERATIVELY**

7. You may need to sleep with your head elevated while the splints are in.
8. Do not bend over from the waist or throw head forward; this could cause bleeding. Squat at the knees to pick anything up.
9. Don't lift anything heavy for at least two weeks post-operatively.
10. You are to do nothing that will increase your blood pressure or increase heart rate, as this could cause bleeding.
11. Rest for five days! Take it easy and pamper yourself!
12. Your post-operative appointment will be two to seven days after surgery to remove splints and give your doctor the opportunity to exam the surgical area. If you have had functional endoscopic sinus surgery, you may also have sponges (one in each nostril) to be removed about five minutes after the splints are removed. This process is not painful, but does feel a bit uncomfortable. 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 have taken pain medication. You will sit back and enjoy the new surge of air into your sinuses!

### EAR, NOSE & THROAT CONSULTANTS OF NEVADA

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