



# HOME CARE INSTRUCTIONS NASAL OR SINUS SURGERY

## WHAT TO EXPECT

This usually involves a short outpatient stay (overnight) – you will be discharged after your packing has been removed the following morning.

You may have splints in your nose that will be removed approximately 4-7 days after surgery.

It is usual to experience nasal congestion and difficulty breathing through your nose. This will improve when your splints are removed and as your nose heals in the weeks following surgery. (Cold medicines or nose sprays are NOT to be used unless recommended by your surgeon).

You may expect to breathe through your mouth – if you experience dryness you may use a cool mist humidifier.

## WHEN TO CALL THE DOCTOR

- If you have persistent bleeding.
- If your temperature is 101.5° or more (slight fevers after surgery are normal).
- If you have a severe headache or blurred vision.
- If you experience chills, vomiting or diarrhea.
- If you experience facial swelling or redness.
- If you have any questions (please hold non-emergent questions for calls between 8:30 AM to 4:30 PM, Mon – Fri).

## ACTIVITY

- Keep your head elevated as much as possible.
- No heavy lifting or bending until advised by your physician.
- No strenuous physical activity (jogging, racquetball, tennis, golf) until advised by your physician.
- Return to work varies, your physician will advise you, the average is 7 to 10 days away from work.

## **FOLLOW UP**

Call the office at **623-0526** on the day of discharge to set up a post op appointment. It is important to make this call as soon as possible, since the doctor's schedule can fill up quickly. The Appointment Scheduler will know when your post op appointment is due depending on the type of surgery performed, unless otherwise directed by your surgeon.

**757-623-0526**

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