

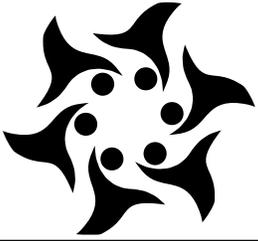
INSTRUCTIONS FOR NASAL OR SINUS SURGERY

Pre-operative instructions

1. Avoid aspirin, ibuprofen or other anti-inflammatories, vitamin E, garlic supplements, ginkgo biloba or ginseng for two weeks pre operatively and two weeks post operatively. You may safely take Tylenol only.
2. If you are on Coumadin or other blood thinners, please contact your prescribing doctor for instructions prior to your surgery
3. Use 2 sprays of Otrivin in each nostril prior to leaving your home to go to the hospital on the day of surgery. Continue with two sprays to each nostril every half hour until your operation. Please bring your own Otrivin to the operating room.
4. Please confirm your post-operative appointment when you are called for your arrival time the day before your surgery.
5. Purchase a Sinus Rinse Kit from the office or your local pharmacy.
6. If you wear eyeglasses and are having an open or closed septorhinoplasty, it is suggested that you purchase a 30 day supply of disposable contact lenses to be worn after your surgery as we do not recommend wearing eyeglasses for as long as possible after your septorhinoplasty surgery.
7. It is advised that you begin taking 1000mg of vitamin C once per day starting two weeks prior to your surgery. Please also begin taking Arnica Montana as directed on the bottle (pills only, do not purchase the cream) beginning two weeks prior to your surgical date.
8. (Males only) Please trim your nasal hairs with scissors the day prior to your operation. Do NOT use an electric trimmer.

Post-operative instructions

1. Avoid hot baths or showers for 1 week post op. (lukewarm is fine)
2. Avoid strenuous activity, i.e. heavy lifting, excessive stair walking, etc, for two weeks
3. Avoid work/school for a minimum of 1 week.
4. Avoid air travel for two weeks (nasal surgery) or six weeks (sinus surgery).
5. Avoid cigarette smoke for 1 week pre op and 2 weeks post op.
6. If you sneeze, do so with your mouth open.
7. Do not pick at your nose. Do not blow your nose.
8. If there is an external splint, keep it dry and in place until your post op appointment. The doctor will remove this for you.
9. You may see internal splints or a string taped to your cheek. Do NOT pull on it. This will be removed on your first post-op visit.
10. A moderate amount of bleeding is not unusual post op.
11. If bleeding occurs, place an ice pack or bag of frozen vegetables over the nose and apply gentle pressure (avoid this step if you had a rhinoplasty), sit up with head forward. Maintain for 10 minutes, and then relieve pressure. If you are still bleeding, apply again for 10 minutes. If moderate bleeding continues, lay back and instill 3-6 drops of a nasal decongestant (such as Otrivin, Dristan) to each nostril. If bleeding continues, go to the emergency room. A small amount of bleeding is not



unusual and will stop within a few days. If you are profusely bleeding, do not hesitate to go directly to your local Emergency room.

12. Take medications as prescribed.
13. Apply Polysporin ointment to nostrils and any external incisions twice per day. To instil ointment in your nostril, place a pea-sized amount of Polysporin ointment on the tip of your baby finger. Gently wipe the ointment onto your nostril. This should place the ointment on the inside of your nasal opening. Repeat this on the opposite nostril. The heat of your body will disperse the ointment throughout your nose. If you feel the ointment dripping out of your nostril you can gently sniff it in. It is best to do this when you have a few minutes to lay your head back comfortably. **DO NOT** place any objects into your nasal cavity to apply the ointment.
14. Begin saline irrigations with the sinus rinse bottle **4 times per day minimum** starting the day after your surgery.
15. It is not unusual to feel very congested for 6-8 weeks after surgery.

Contact your physician or go to emergency if:

1. You have excessive bleeding.
2. You have a fever greater than 39°C
3. If you have swelling of the eyes and face
4. If you have visual changes.
5. If you have severe headaches or facial pain that is not relieved by medication, or is increasing in severity.