



Finn R. Amble, MD, FACS, SC  
Eastland Medical Plaza I  
1505 Eastland Drive, Suite 220  
Bloomington, IL 61701  
Phone: 309-585-0370 • Fax: 309-663-2956

### **Post op Nasal Surgery Instructions**

- For 10 days prior to surgery and 7 days following surgery, do not take any aspirin or aspirin products, including Alka-Seltzer, Aspergum, Ibuprofen, Advil or Motrin. Tylenol is permitted. Please call your pharmacist with any questions.
- Take your prescribed pain medication as directed following surgery.
- Tooth tenderness, lip/cheek pain/numbness and headache are common.
- Start with clear liquids and advance to a soft diet, then a regular diet as tolerated. Drink plenty of fluids, about 8-10 glasses daily.
- Keep your head elevated use extra pillows (2-3) or you may sleep in a recliner.
- Using a vaporizer by your bed at night will help relieve nasal and oral dryness. Start using this beginning the night of surgery and continue for 3 weeks.
- It's normal to have some nasal drainage/bleeding. Wear a "mustache dressing" during this time and change it as needed. You may remove the dressing while eating. It's not uncommon to change the dressing 8-12 times during the first 12 hours, following surgery.
- Use saline spray (Ocean Spray) 6-10 times daily to keep nose moist starting the day following surgery.
- If the dressing becomes saturated with blood and needs to be changed more than 5 times in one hour, or if there is a constant trickle of blood down the back of the throat, use 2-3 sprays of Afrin and call your doctor immediately. (309)585-0370.
- Clean the outer part of each nostril and stitches under your nose gently, by soaking a Q-Tip with hydrogen peroxide. Use the prescribed ointment on these areas 3 times daily and with each dressing change.
- If you have nasal packing in place, you will have a sting tied in a knot under your nose; this string may become tight and start to cut into the skin of your nostril. If this happens, gently pull the knot /strings forward in order to lessen the tension. This should relieve the pressure at end of nose. If this does not help please call the office (309)585-0370.
- **DO NOT CUT STRINGS.**
- It is not uncommon to have drainage or even bleeding from the eyes after sinus surgery.
- Remove packing on the day Dr. Amble instructed. Before removing the packing you need to wet it with saline spray. You can do this by spraying the packing or laying on side and dripping saline into packing. Make sure packing is saturated. To remove packing pull stings firmly with steady pull. There will be some discomfort, once packing out it will go away. You may also experience some heavier bleeding after the packing is removed. For this bleeding, use the Afrin as directed.
- After the packing is removed you may still feel the stents (plastic splints) that are in place. These stents are sutured into place and will be removed at your scheduled post operative appointment. Please do not attempt to remove these yourself.
- Start irrigating your nose with the Neil Med saline rinses 1-4 times daily, 1 day following surgery if there is no nasal packing in place. If you have nasal packing, start irrigating immediately after packing removal.

- Swelling of the nose and nasal congestion are normal.
- No nose blowing for 2-3 weeks following surgery and do not rub your nose for 6 weeks. You may blot the nose gently with a tissue.
- Sneeze through your mouth 1 week following surgery.
- No nasal steroids (Rhinocort, Nasacort AQ, Flonase, and Nasonex) until provider instructs you to restart at your post operative appointment.
- Avoid nose trauma- no balls, dogs, children, contact sports, etc. Do not lift heavy objects, strain, bend down from the waist, participate in vigorous activities or exercise for 1-3 weeks following surgery.
- If you have heavy bleeding, foul smelling drainage, double vision, severe pain or headache, severe facial swelling or if you have any questions or concerns, please call the office at (309) 664-3010 any time.
  
- **Supplies to have at home prior to surgery**
  - Afrin
  - Ocean Nasal Spray
  - Neil Med Saline Rinse
  - Gauze pads and tape
  - Vaporizer
  
- **You may be off work 1-3 weeks**