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Carolina Ear, Nose & Throat Head and Neck Surgery Center

OPERATIVE INSTRUCTIONS SINUS SURGERY

Bleeding Small amounts of dark bloody mucoid drainage from the nose is expected for the first week. Profuse bright red bleeding from the nose or mouth should be reported to a physician immediately.

Activity After discharge, the patient should engage only in moderate activity. He/she should avoid exercise, bending, stooping, or lifting anything heavier than five pounds until the physician has released them to do so. Vigorous nose blowing is to be avoided. Sneeze with the mouth open to avoid excess pressure on the nose. Avoid blowing nose unless instructed to do so by your physician.

Comfort The patient should sleep propped up at least 45 degrees (or three pillows). A cool moisture vaporizer on the bedside table will aid in dry throat discomfort. A narcotic will be prescribed for severe pain. If narcotic medicine is not needed the patient should take Tylenol. Aspirin medicines should be avoided for two weeks.

Care **The patient should use nasal saline spray, obtained over the counter, 6-8 sprays each side daily for 3-4 weeks.** Take antibiotic prescribed until all are taken.

Problems: The following are not normal and you should call the office:

- High fever >102 degrees
- Eyes swelling shut
- Loss of vision or double vision
- Extreme headaches not helped by pain medication
- Excessive or new bleeding
- Profuse leakage of clear nasal fluid when bending over that persists.

ALL LOCATIONS AND AFTERHOURS CALL (828-322-2183) or (704-748-6712)

IF, FOR ANY REASON, YOU ARE UNABLE TO REACH OUR OFFICE OR YOUR SURGEON DURING AN EMERGENCY, PLEASE GO TO THE NEAREST EMERGENCY ROOM IMMEDIATELY.

Hickory

Denver/Lake Norman

Lincolnton

Mooresville