

## POST OPERATIVE NASAL SINUS SURGERY

Dear patient:

I appreciate your confidence in allowing me to do your surgery. I hope this will help you with any questions you may have about what is to be expected in your postoperative recovery.

1. It is normal to have nasal bleeding (moderate amounts). This will drain out of your nose and down your throat. The first 48 hours will be the heaviest and eventually it will lessen.
2. It is not unusual to run a temperature of 101-102 degrees for 4 days postoperatively. Please take Tylenol for the fever, but **NO ASPIRIN PRODUCTS INCLUDING MOTRIN OR IBUPROFEN.**
3. It is normal to not be able to breathe through your nose and have peri-nasal pain and pressure. This will improve markedly as we remove the splints and the swelling goes down.
4. We encourage you to rest as much as possible and avoid even moderate physical activity until your first postoperative visit.
5. We discourage you from blowing your nose until I remove your nasal splints.
6. Please irrigate your nose with saltwater (Adult: ½ tsp. of salt in 8 ounces of sterile/distilled water or Pediatric: ¼ tsp. of salt in 4 ounces of sterile/distilled water) 3 times a day. If you are unable to irrigate your nose due to swelling or discomfort, then don't worry about the irrigation. You will easily be able to do this once the nasal splints are removed.
7. If you have nasal crusting or dried blood at the opening of your nose, you may gently wipe your nose with a clean, damp wash cloth, but do not put Q-tips or anything else in your nose.

If you have questions or problems, call me.

Sincerely,

Camille A. Graham, M.D.

Neil M. Vora, M.D.

Wha-Joon Lee, M.D.

Michael J. Wiebel, M.D.