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Post-Operative Instructions for Sinus Surgery and Septoplasty

Diet: A liquid diet should be maintained immediately after surgery, You may feel nauseated from the anesthesia and may experience some vomiting from blood that may have been swallowed during surgery. When you can tolerate liquids, you may gradually advance your diet to regular.

Pain: You may experience some pressure and pain in your nose, forehead and cheeks after surgery. You may not be able to breathe out of your nose and have to breathe out of your mouth. This is due to the surgery and the packing that is in place. Please use the pain medication provided. Avoid Aspirin and Motrin/Advil during the first 2 weeks after surgery as these medications can cause increased bleeding. Also, be careful of taking additional Tylenol as your pain medication contains acetaminophen/Tylenol. A low grade fever (<101 °F orally) is common for the first few days after surgery. If you have severe pain that is not controlled with your pain medications or a temperature >102 °F, please call Dr. Go.

Bleeding: You may have some bleeding from your nose for the first 24-48 hours after surgery. It is okay to gently dab your nose with a tissue, but do not blow your nose. Avoid bending, stooping, or lifting any objects over 10 lbs. as this can also cause bleeding. If you have bleeding from your nose or down the back of your throat that is continuous, please call Dr. Go.

Changes in Vision: Changes in vision, blurred vision, eye swelling, pressure or pain should not occur. If you notice any changes involving your eye(s), notify Dr. Go immediately.

Activity: Limited activity is recommended for the first 7 days after the operation. Avoid any activity where your nose can be accidentally bumped. Avoid blowing your nose. It takes at least 2 weeks for the inside of your nose to heal. Sleeping with your head elevated will help with the swelling and mouth breathing. You may have crusting inside your nose which will be removed on your first post-operative visit in the office. Do not try to remove these yourself. Using Nasal Saline Spray at least every hour will help the healing process tremendously. It is very difficult to overuse Nasal Saline Spray. Most patients can resume normal activity after 7 days.

Follow-up: A post-operative check should be scheduled for approximately 2 weeks after surgery. If you have any questions about your recovery before that, please do not hesitate to call Dr. Go at (630) 243-4505.