

# Nasal Surgery (for Adults and Children)

## General Information

This is general information. Please see your After Visit Summary for how to take care of yourself after surgery.

Your health care team will work with you to understand any challenges you have after your hospital stay. This will help your team work toward a plan to make sure you have the right care and support to help manage your health after you leave the hospital.

## Your Surgery

- A **functional endoscopic sinus surgery** corrects blocked natural openings of the sinuses.
- A **turbinoplasty** reduces the enlarged bony plates inside the nose.
- A **septoplasty** corrects a deviated nasal septum. There is no skin incision. Surgery is done inside of the nose.
- A **closed reduction of a nasal fracture** corrects a broken nose without an incision.
- An **open reduction of a nasal fracture** corrects a broken nose with incisions. The incisions are usually made inside the nose. There is no skin incision.
- A **polypectomy** removes small nasal growths.
- An **ethmoidectomy** removes sinus tissue.
- A **Caldwell-Luc** is a sinus surgery through an incision under the upper lip.

- An **antral window** surgery creates an opening in a sinus cavity to help the sinus drain.

## Before the Procedure

- Tell your health care provider if you:
  - are pregnant
  - have a latex allergy
  - have diabetes
  - take a blood-thinner medicine.
- Remove any jewelry or piercings.
- Arrange to have someone drive you home. You will not be able to drive after the procedure.

## Incision Site

Congestion, swelling, bruising and bloody drainage are common after surgery. They will decrease over the next 1 to 2 weeks.

- Change your “drip” pad as needed.
- There may be bloody drainage.
- **Do not blow your nose. Follow your health care provider’s directions.**
- Avoid sneezing if possible. Sneeze with your mouth open.
- Take frequent sips of water, chew on ice chips, or breathe humidified air to alleviate dryness.
- Leave any nasal packing or nasal splints in place until your health care provider removes them or tells you to remove them.

(over)

## Pain Relief

- Using ice will help reduce pain and swelling. Use ice for 24 to 48 hours while you are awake. Place a cloth between your skin and the ice pack. Keep the ice on for 30 minutes and keep it off for 30 minutes, or as directed by your health care provider.
- If your health care provider has ordered pain medicine, take as prescribed.
- Ask your health care provider when you can continue taking aspirin or your regular medicines.
- Avoid using aspirin or products that contain aspirin. This includes ibuprofen (Advil® or Motrin®), naproxen (Aleve®) or products known as NSAIDS.

## Activity

- Avoid bending or any activity that causes you to bend your head down. Avoid lifting heavy objects. Follow your health care provider's directions.
- **Do not lie flat for two days.** Do not lie on either side of your face. Keep your head elevated (raised) on two pillows.
- Do not lift anything heavy for one week. Follow your health care provider's instructions for lifting.
- Alternate rest with activity. Too much activity can cause bleeding.
- You may take tub baths. Do not take showers until your health care provider says it is OK.
- You may wash your hair with help. Do not get your face wet.
- Avoid sports (including aerobics) until you see your health care provider at your follow-up appointment.
- Do not drive while you are taking a prescription pain medicine.
- Avoid tobacco and secondhand smoke. They can slow your recovery.

## Food and Beverages

- Do not drink hot liquids (such as coffee and tea) for 24 hours after surgery.
- Eat well-balanced meals. Follow any instructions your health care provider gave you.
- Drink more fluids to prevent constipation. (Pain medicines may cause constipation.)
- For several days after surgery, avoid foods that require you to chew longer than normal.
- If you get constipated, you may try prune juice or an over-the-counter laxative such as milk of magnesia.
- Avoid alcohol while you are taking prescription pain medicine.

## When To Call Your Health Care Provider

Call your health care provider if you have:

- poor pain relief
- a temperature higher than 101.5 F
- severe dizziness
- sudden nose bleed or spitting up blood
- bloody saliva (more than streaks or clots)
- skin rash or irritated skin
- bleeding that won't stop
- pus-like drainage, increasing redness, swelling, tenderness or warmth at the incision site
- upset stomach and throwing up that won't stop
- breathing problems
- changes with your eyesight
- nasal splint, nasal packing problems
- any questions or concerns.

## Follow-up Appointment

Please keep all follow-up appointments with your health care provider or specialist, even if you are feeling well.