

GENERAL INSTRUCTIONS FOR NASAL SURGERY
(Septoplasty, Endoscopic Sinus Surgery (FESS), Nasal Fracture Repair, Turbinate Surgery, Rhinoplasty)

INTRODUCTION:

The purpose of this sheet is to acquaint you with what you should and should not do following nasal surgery. These instructions are based on experience and must be followed faithfully to assure a smooth recovery. Be sure that you and those who will be caring for you are familiar with these postoperative procedures. If you have any questions, please call Dr. Benke's office at (817) 641-3750.

ADVANCE PREPARATION:

Arrange for someone to care for you immediately following your surgery. You may still be groggy when you are released, so you will need a ride home and someone to remain with you for at least the first 24 hours. Since you cannot drive for one week, you will need transportation to and from your first office visit. You will have a follow-up visit at 4-7 days after surgery and then every 1-2 weeks during the first month (approximately 3 post-op visits). Obtain the items that you will need for your postoperative home care: Q-tips, Hydrogen Peroxide, Polysporin ointment and saline nasal spray. I recommend HuMist, available at HEB. For FESS patients, the office will provide a bulb syringe; instructions for making your own salt water solution for sinus irrigations are located under item #4 (see back of page). Be sure that comfortable clothing is available for your recovery period—nothing that must go over your head. Make every effort to be well rested prior to surgery.

DAY OF SURGERY:

Wash your hair and face; wear comfortable clothing to the hospital (something that buttons up the front). Do not wear makeup or fingernail polish. When you are discharged from the hospital you will be given prescriptions for pain medicine, antibiotics, and anti-nausea medication. Take these as directed. Start "at home" care on the first night.

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AT HOME:

1. To help minimize swelling and oozing, use pillows to elevate your head to a 60° level for the first night following surgery. For the next two weeks, an elevation of 45° is desirable. Sleep on your back; try not to roll over on your face. A recliner may be more comfortable than a bed.
2. If soft plastic nasal splints are present, gently clean the inside of your nose including the front part of the splints with Hydrogen Peroxide as demonstrated. Coat the inside of the front part of the nose with Polysporin ointment. Do this on the night of surgery and continue two times each day. Nasal splints are removed in the office 4-7 days following surgery. If stitches are present on the outside part of your nose, clean them with Hydrogen Peroxide and apply Polysporin ointment two times each day. These are dissolvable stitches and will start to disintegrate after one week.
3. HuMist-3 sprays each nostril at least 3 times per day. For FESS patients, use HuMist between irrigations.
4. Hypertonic Saline Irrigations-use one bulb syringe full of saline for each nostril 2 times per day. (Mix 1 qt water, 2 tsp Morton's Canning Salt and 1 tsp baking soda.)
5. Do not blow your nose for two weeks; avoid rubbing the nostrils and base of the nose with Kleenex—this only aggravates swelling and may cause infection.
6. If discharge is excessive, use a moustache dressing (folded 2 x 2 gauze with paper tape). If it becomes stuck, a few drops of Hydrogen Peroxide will help loosen it.
7. Avoid sniffing or forcefully pulling air through the nose. Some nasal blockage is normal AND will gradually subside after 3-4 weeks.
8. Sneeze with your mouth open.
9. Avoid bending over or lifting heavy objects for two weeks. It is not advisable to pick up small children. Avoid activity/exercise that accelerates the heart rate for 2-3 weeks.
10. Avoid hitting or bumping your nose. You may swim 4 weeks after surgery. Avoid contact sports and diving for 2 months after Rhinoplasty or Nasal Fracture Repair.
11. Keep your dressing (tape/splint on top of nose after Rhinoplasty or Nasal Fracture Repair) clean and dry. Do not let water run directly on your face when showering.
12. If you wear glasses, they may be worn over the cast the first week after Rhinoplasty or Nasal Fracture Repair. After the cast comes off, contact lenses should be worn if possible. If eyeglasses are worn, the connecting bridge should be taped to the forehead so that the weight of the glasses does not rest on the nasal bones.
13. You may have some bruising and swelling around the eyes after Rhinoplasty or Nasal Fracture Repair. This should almost be gone by the time the cast comes off in one week.
14. Notify the office or answering service immediately if you have:
 - a. High fever (Temp = 102 or higher).
 - b. Excessive bleeding or swelling.
 - c. Nausea & vomiting not controlled with anti-nausea medication.
 - d. Pain not controlled with pain medication.
15. Call Dr. Benke's office for questions: (817) 641-3750.