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Sinus surgery

Postoperative care

After nasal surgery, you should expect your nose to be stuffy for a week or two. This is due to swelling of the lining of the nose from the trauma of surgery. Do not be worried if some blood oozes from your nose the first few days.

If you get a nosebleed after surgery, put an ice pack on your nose and relax. Getting excited only increases your blood pressure and increases the bleeding. If it does not stop after a few minutes, and you are changing the drip pad every 15 minutes, call the office.

Do not blow your nose for five days after the surgery. Sniffing is acceptable.

Use a Q-tip moistened with hydrogen peroxide to clean dried blood or crust from the nostrils. You may also use Vaseline or saline gel to soften the crust.

If you need to sneeze, be sure to open your mouth so that the pressure will be released through the mouth and not the nose.

Use antibiotics and pain medications as directed. Be sure to finish the antibiotics.

Use a saline spray at least every 4 to 6 hours while awake. Irrigate as often as you would like. You cannot hurt yourself with saline spray. The irrigation helps wash clots and mucus plugs out without blowing your nose.

You should take it easy the first week after surgery, no exercise or heavy lifting. You can resume light duty when you feel ready, but heavy exertion will only increase the chance of nosebleed. Do not be surprised if you have a lack of energy for 2 to 3 weeks after surgery.

Return to the office in 7 to 10 days for follow-up and the splint removal, if one was used.

Avoid medications with aspirin or any form of blood thinner for three weeks prior to surgery and for two weeks after surgery.

If questions or problems arise, call the office at (817)540-3121.