

**Instructions for patients undergoing Sinus Surgery
with /without Septoplasty**
Andrew Silva, MD

Before Surgery:

- Fill prescriptions for pain medication and antibiotics the night before surgery.
- Do not take aspirin or ibuprofen containing medications or Vitamin E two weeks prior to surgery unless discussed with the Doctor. They may increase the risk of bleeding and may result in postoperative nasal packing.
- Make sure you do not eat or drink anything after midnight the day before surgery. Not even mints or gum. This will result in possible cancellation of surgery.
- Wear comfortable clothes which open in the front the day of surgery.

After Surgery:

- When you wake up, you will have a bandage under your nose. It is called a “drip pad” and collects blood and mucous. This pad may need to be changed.
- Some bleeding for the first 24-48 hours is **NORMAL**. Increased activity will result in increased bleeding.
- When bleeding **STOPS**, use the saline wash. Spray each nostril 4-5 times per day.
- Blowing your nose gently is OK; all sorts of drainage will come out.
- Most patients will complain about not being able to breath through their nose initially due to swelling from surgery. This will gradually improve.
- Sleep with head elevated; this will help with breathing.
- Use pain medication only as needed. Do not take on an empty stomach- this may cause nausea/vomiting/stomach upset. Usually by the fifth day, most patients will only use extra strength Tylenol.
- Make sure you finish all antibiotics and any oral steroids given.
- Remember to avoid all aspirin or ibuprofen containing medications until after your first follow up appointment.
- Call if you have any severe bleeding, pain, or high fever (greater than 102).

Post-op (Debridement) 2-3 weeks after surgery:

- You may want to take pain medication one hour prior to appointment. Make sure someone is available to drive you to and from appointment.
- At this appointment, the nose will be suctioned clean of any debris and packing material (debridement). The cleaning will be made easier with regular use of the saline spray. Further debridements are usually required.

If you need to contact the physician after hours please call 703-257-3911 and the Doctor on call will be paged.