

**SURGERY INFORMATION ON NASAL AIRWAY RECONSTRUCTION AND/OR
ENDOSCOPIC SINUS SURGERY**

Following nasal surgery, you may experience any of the following:

1. Swelling of your nose.
2. Appearance of bruising under the eyes.
3. Feeling congestion, as if you have a cold.
4. Drainage from your nose which may be blood tinged or brown.
5. Post nasal drip which may be blood tinged or brown.
6. Pain in your nose.
7. Pain or numbness in the roof of the mouth or teeth.
8. A warm feeling in your face over the sinus area.
9. Some tissue-like gel coming out of your nose.
10. A temperature below 100 degrees.

These are all **NORMAL** and **EXPECTED**. These feelings will diminish as healing takes place over the next 4 to 6 weeks.

COMPLICATIONS:

Nasal surgery is very commonly performed. The following complications are **RARE**, but possible.

1. Bleeding, minor or rarely major.
2. Eye swelling, blindness (extremely rare), and double vision.
3. Infection.
4. Nasal scarring which requires removal by doctor.
5. Cerebrospinal fluid leak which may cause meningitis (extremely rare).
6. Loss of sense of smell (Anosmia).
7. Others.

POST OPERATIVE INSTRUCTIONS:

1. Use an ice bag 20 minutes on and 20 minutes off your nose for the next 24 hours. This will help reduce the swelling.
2. Since drainage is expected, the dressing under your nose will need to be changed when it gets wet. This may be as frequent as every half hour. Same Day Surgery will give you dressing and supplies.
3. You may have bleeding from your nose anytime during the next two weeks. If this occurs, pinch your nostrils together and apply ice.
4. Sleep with your head elevated on two pillows.
5. You may eat whatever you want.
6. You may breathe through your nose. If you have a dressing on your nose, take care to keep it dry. If you wash your hair, lean backwards.
7. You may go out the day after surgery. Please note that extremely cold weather may cause pain in your nose.
8. You will be given a prescription for an antibiotic for five days to prevent infection. Please take as directed.

9. You will be given a prescription for pain pills. If the pill contains codeine, you may feel drowsy, nauseated or constipated. Please note that if you are nauseated, the pain pills or the antibiotic may make you feel worse. Taking the pills with food will be less irritating. If the nausea persists, stop taking the medication and contact the doctor's office. **DO NOT** take aspirin, ibuprofen or medicines that contain aspirin or ibuprofen as these products may increase bleeding.

DO NOT:

1. Do not make plans for the day of surgery. You will feel tired and/or nauseated from the anesthesia.
2. Do not take aspirin or Vitamin E products for two weeks. They will increase bleeding.
3. Avoid exercise and do not lift anything over 50 pounds for the next two weeks.
4. Avoid sneezing. If you have to sneeze, do so with your mouth open.
5. Do not smoke.
6. Do not drink alcohol on the day of the surgery or while using pain medication
7. Do not swim until given approval by your doctor.

NOTE: If you have packing in your nose, it will be removed in one or two days. If you have an antibiotic ointment in your nose, you will need to see the doctor in two weeks. If you have a splint on your nose, it may fall when the swelling goes down or the doctor will remove it in one week. Your nurse in Same Day Surgery will tell you when to make your follow up appointment.

WHEN TO CALL THE DOCTOR:

Although complications are rare, call your doctor if you;

1. Have a temperature greater than 101 degrees.
2. Need to change the dressing under your nose more than every half-hour for two consecutive hours.
3. Have swelling around your eyes that causes your eyes to bulge or if you have difficulty seeing or loss of vision.
4. Have clear fluid draining from your nose.
5. Are unsure about a symptom.

DOES NASAL SURGERY ALWAYS WORK?

Over 80% of patients find their symptoms are improved.

If you have any questions or problems, please call Advanced Center for Specialty Care at (773) 296-7040 or the 24-hour answering service at (312) 236-3642.