



Santa Barbara ENT

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OUTPATIENT SURGERY INSTRUCTIONS AFTER NASAL / SINUS SURGERY

PAIN / DISCOMFORT

You may use plain Tylenol or your prescribed pain medication. You should not take plain Tylenol within four hours of taking Tylenol with codeine, Vicodin, Percocet, Darvocet, or Lortab as these narcotic prescription drugs already contain Tylenol.

ANTIBIOTICS AND/OR STEROIDS

Take your antibiotics and/or steroids post-operatively as directed (if they were prescribed). If you have had a septoplasty or turbinate reduction, apply Bacitracin or Polysporin ointment to each nostril opening twice each day.

NASAL DRAINAGE

It is normal to have some blood-tinged drainage or mucus from your nose after surgery. This usually lasts 3-4 days. Change the nasal mustache dressing as needed to protect your clothing. Dr. Golgert should be contacted if the dressing is saturated with blood more frequently than every two hours.

IRRIGATION

If you have had sinus surgery, you should begin irrigating three times a day as described at the preoperative visits. Occasionally, patients will be instructed to **not** irrigate until the first post-op visit. The discharge nurse will instruct you whether or not you should irrigate. If you have **ONLY** had a septoplasty or turbinate reduction, you do not need to do this unless you were doing it routinely before surgery.

ADDITIONAL INSTRUCTIONS

Keep your head elevated on at least 3-4 pillows for the first 36 hours after your operation. Avoid heavy lifting, coughing, athletic or other strenuous activity. Sneeze with your mouth open. Do not blow your nose hard. Do not fly in an airplane for 3 weeks.

FOLLOW-UP APPOINTMENT

Dr. Golgert would like to see you in approximately 1 week. If you have nasal packing or splints, they will be removed at this time.

EMERGENCIES

If you have a fever above 100, persistent nausea/ vomiting, or visual changes, please contact Dr. Golgert through the office number (805)563-1999. If Dr. Golgert is unavailable, the doctor "on call" will be listed on the office message. If you are unable to contact a physician and you have an emergency, then call 911 or proceed to the nearest Emergency Room.

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