

Post Operative Instructions

Image-Guided Sinus Surgery

In order to assure the best surgical outcome, it is necessary to follow some simple instructions after your surgery. Please take a moment to carefully review these instructions. If you have any questions, please do not hesitate to call me.

Wound Care

The nasal cavity does **not** have any packing other than nasal silastic splints in the sinuses. Since there is no nasal packing, there is always a certain amount of nasal oozing of secretions for the first 24 to 48 hours. Change only the dressing at the tip of your nose as often as necessary. For the first 24 hours, you may need to change the dressing as often as every hour.

If, however, you should experience any excessive oozing, please lie down in a semi-recumbent position and apply ice packing over the nose and cheek area. You may use 0.25% Neo-Synephrine nasal spray, which is available in any drug store every 4 to 6 hours until the bleeding and the oozing stops.

If the discharge is profuse, please call the office (212) 832-3222 **immediately** and we will return your call expeditiously. In case you have difficulty reaching us, please go to the nearest emergency room, preferably to the one at The New York Presbyterian Hospital - Cornell.

Diet

For the first 24 hours after surgery, please restrict yourself to eating only liquids and soft foods, i.e. pasta, Jello, puddings, mash potatoes, etc.

You may advance your diet to your regular diet after the first 24 hours as tolerated.

Alcoholic beverages are strictly prohibited for at least 1 week after the surgery.

Activities

Do not blow your nose, as this will increase your chances of complications.

For the first week after surgery, **please** restrict your physical activities. Do not engage in sports, exercise in any gym, or swim until you get approval to do so after your first post-operative visit. You probably will be able to resume physical activities 2 to 3 weeks after surgery.

Please do not plan air travel for the first 2 weeks after surgery.

Restrict yourself to bathing and not showering for the first week after surgery. The water should not be too hot, preferably on the lukewarm side.

Work Related Questions

It is my recommendation that you do not return to work for the first week after surgery. If you can work from home, you may do so after the 2nd post-operative day. However, you must restrict your physical activities at home including not lifting anything heavy (maximum of 15 pounds).

Prescriptions

Please fill your post-operative prescriptions prior to surgery. This will enable you to have a smoother post-operative period. If you have any questions regarding your medications, please feel free to call me at the office.

Follow-Up Appointment

It is absolutely imperative that you see me approximately 1 week after your surgery. Please call the office at your earliest convenience to schedule this appointment.

If you have any questions or concerns, please do not hesitate to call me at my office at any time.

Good luck.