



OUTPATIENT SURGERY INSTRUCTIONS AFTER NASAL / SINUS SURGERY

Your nasal passages and/or sinuses will heal over a three to four-week period. Most healing is accomplished within the first 7–10 days. You should expect to have some stuffiness or nasal congestion.

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 or Lortab as these narcotic prescription drugs already contain Tylenol.

ANTIBIOTICS

Take _____ as directed.

NASAL DRAINAGE

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

ADDITIONAL INSTRUCTIONS

Keep your head elevated on at least three to four pillows for the first 36 hours after your operation. Avoid heavy lifting, coughing, athletic or other strenuous activity. In two days, begin using nasal saline spray (Ocean Spray or Neil-Med Sinus Rinse), two squirts in each nostril opening four to six times each day.

You should also apply Bacitracin ointment to each nostril opening three times each day.

FOLLOW-UP APPOINTMENT

Please eat, and drink plenty of fluids before coming to your appointment.

Dr. McCaffery would like to see you in _____ days.

DATE: _____ TIME: _____

If you have nasal packing, it will be removed at this time.

EMERGENCIES

If you have a fever above 100 degrees fahrenheit, persistent nausea/vomiting or visual changes, please contact Dr. McCaffery.

If you have any questions or concerns, contact Dr. McCaffery through the office number (805) 964-6926. If Dr. McCaffery is unavailable, the doctor "on call" will be listed on the office message. If you are unable to contact either physician and you have an emergency, then call 911 or proceed to the nearest emergency room.