



**SCENT**  
SOUTH · COAST · EAR · NOSE · THROAT

[www.otodocs.com](http://www.otodocs.com)

DRS. BERGHASH & LANZA, P.L. D/B/A

## South Coast Ear, Nose & Throat

LESLIE R. BERGHASH, M.D., F.A.C.S.\*

JOHN T. LANZA, M.D., F.A.C.S.\*

CAMYSHA H. WRIGHT, M.D.

JACOB W. ZEIDERS III, M.D.\*

\*BOARD CERTIFIED

### POSTOPERATIVE INSTRUCTIONS FOR SINUS SURGERY/SEPTOPLASTY/RHINOPLASTY

The following instructions should help during the first and second week after surgery. Although individual responses vary widely following any operation, you (or your child) can expect to return to normal in about ten (10) days.

#### **WHAT TO EXPECT:**

#### **DO NOT BLOW YOUR NOSE!!**

**NASAL DISCHARGE:** This usually occurs for several days, and may be bloody at first, later changing to mucus. Any profuse bright red bleeding that persists for more than twenty four (24) hours should be reported to your doctor. Change your nasal drip pad as needed. After surgery, please avoid nose blowing for at least one (1) week. If you are soaking through the drip pad more frequently than every fifteen (15) minutes, please notify the office. See contact information below.

**NASAL CONGESTION:** A stuffy nose is normal following sinus/nasal surgery due to swelling of the tissues. This may last up to one (1) week after surgery. Nasal congestion may be alleviated by humidification of the nose with a cool mist vaporizer or humidifier. Your physician may insert a special packing in the nose after surgery. This will add to your general stuffiness. The packing will be removed two to three (2-3) days after surgery. If you also had septoplasty surgery, your physician may have placed intranasal splints, which will contribute to your “stuffiness”. If you **sneeze** or **cough**, **do so with your mouth open.**

**AFTER SURGERY CARE:** Salt-water/Saline irrigation is **highly recommended** to decrease swelling and inflammation that may occur post operatively. The use of saline irrigation eight to ten (8-10) times per day in each nostril can be quite helpful to moisturize the nose and clear debris. Also, **if you can take decongestants**, these will help. They can be either in a spray (Afrin) or pill form (Sudafed). **Afrin should be used for no more than three (3) days after surgery.** Rest with your head elevated, to keep swelling to a minimum.

**ACTIVITY:** Rest at home for at least one (1) day. Gradually increase your daily activities after that. Restrictions on activities should be discussed with your physician. **Avoid any strenuous activity or heavy lifting for two (2) weeks.** Typically, you can return to work after your first postoperative visit.

**DIET:** After discharge from the hospital or surgery center, adequate fluids are essential and may be given in almost any form such as water, soda, juice, jello or popsicles. Encourage fluids for at least ten (10) days. Soft foods are tolerated best at first and should be encouraged. Highly seasoned or very scratchy food should be avoided. Normal diet can be advanced as tolerated.

**PAIN:** Pain and discomfort varies with each patient after surgery. Medication may be prescribed to help control pain, take as directed. You may also use Tylenol or Acetaminophen.

**FEVER:** Very slight elevations of temperature during the first few days are usual. If the temperature goes above 101.5 degrees, please contact us. See contact information below.

**VOMITING:** Nausea and vomiting may occur following anesthesia and usually clears after the first day. If persistent nausea and vomiting occurs after the first day at home, please contact us. See contact information below.

**MEDICATIONS:** Medication may be prescribed to help control pain, take as directed. You may also use Tylenol or Acetaminophen. If you have been prescribed an antibiotic, take as directed. You may resume any other medications that you use regularly the day after surgery. If taking pain medications, avoid drinking alcohol or other dangerous situations.

**DO NOT TAKE ASPIRIN OR ASPIRIN CONTAINING MEDICATIONS FOR AT LEAST TWO (2) WEEKS AFTER YOUR SURGERY.**

**FOLLOW-UP VISIT TO THE OFFICE:** If a postoperative appointment has not been made for you, please call the office the day after surgery to arrange an appointment within one to two (1-2) weeks following the surgery.

**PLEASE NOTIFY YOUR PHYSICIAN FOR ANY OF THE FOLLOWING:**

1. Visual problems consisting of loss of vision, double vision, or the bulging of one or both eyes.
2. Neck stiffness with fever and headache.
3. Brisk bleeding from the nose or excessive drowsiness and confusion.

**PROBLEMS AND QUESTIONS:** For any problems that arise, or to ask any questions, please call the office during regular business hours at (772) 398-9911, (772) 464-6055, (863) 357-7791 or contact the Answering Service after hours by dialing (772) 320-0400. Drs. Berghash, Lanza, Wright or Zeiders are on call after hours and weekends for emergencies.

**OTHER HELPFUL HINTS:**

1. Sleeping with your head raised on several pillows will make you more comfortable.
2. A humidifier in your bedroom may moisten the air and make breathing easier.
3. Keep water at your bedside, and drink water frequently.
4. Use Vaseline or lip moisturizer to prevent dry lips.
5. Have someone drive you to your initial postoperative appointment.

The surgical procedure is designed to help eradicate problems of the paranasal sinuses, and to help you breath better through your nose. It may take between six and eight weeks for full recovery. Please be patient.

**POST OPERATIVE SINUS DEBRIDEMENT**

DEAR SINUS SURGERY PATIENT:

YOUR INSURANCE COMPANY WILL BE BILLED SEPARATELY FOR **POST OPERATIVE SINUS ENDOSCOPY WITH DEBRIDEMENT**, CPT CODE 31237-7950.

THIS IS A SEPARATE PROCEDURE DONE **IN THE OFFICE** AFTER YOUR SURGERY TO MAINTAIN AND CLEAN THE SINUS CAVITY. MOST PATIENTS WILL HAVE THREE POST OPERATIVE SINUS ENDOSCOPY WITH DEBRIDEMENT VISITS. EACH VISIT WILL BE BILLED SEPARATELY.

THIS POST OPERATIVE PROCEDURE IS NOT COVERED IN THE GLOBAL SURGICAL FEE BILLED TO YOUR INSURANCE COMPANY. MOST INSURANCE COMPANIES PAY SEPARATELY FOR POST OPERATIVE CARE NEEDED AFTER SURGERY. THESE SERVICES MAY BE SUBJECT TO DEDUCTIBLE AND/OR CO-INSURANCE.

IF YOU HAVE ANY QUESTIONS REGARDING THIS MATTER, PLEASE CALL OUR BILLING OFFICE AT (772) 398-9911, EXTENSION 6.

**I HAVE READ AND UNDERSTAND THE ABOVE**

---

PATIENT/PARENT SIGNATURE

DATE

---

WITNESS

DATE