

## SEPTOPLASTY/SINUS SURGERY HOME CARE INSTRUCTIONS

### ACTIVITY

- The first few days should be spent resting quietly in bed or on the couch. You may be drowsy and uncoordinated from the anesthesia and pain medications, so be sure to protect yourself from injury.
- You will require constant supervision for the next 24 hours by a responsible adult.
- No driving, making legal decisions, or operating hazardous equipment for the next 24 hours and anytime while you are taking prescription pain medications.
- Keep your head elevated and sleep on at least two pillows. Change positions slowly, no sudden movements.
- Avoid strenuous activity, straining, heavy lifting, or bending forward for 2 weeks.
- DO NOT BLOW YOUR NOSE, if you sneeze, open your mouth and do not force air through your nose.
- Use a cool mist humidifier to keep air passages moist. No steamy, or long showers.

### DIET

- A sore throat is common for 2-3 days due to the breathing tube placed during surgery.
- Drink plenty of fluids to prevent dehydration.
- Avoid spicy foods, gum, or foods that are difficult to chew.
- Start with soft, easily chewed foods, then advance as tolerated.

### PAIN

- Taking prescribed pain medication around the clock for the first 2 days is recommended. Set an alarm clock throughout the night so that pain does not get out of control by morning. Take medication with food to prevent nausea. You may take an OTC stool softener and drink plenty of fluids with additional fruit juices to prevent constipation.
- You may CHANGE to Tylenol after a few days if doing well, but DO NOT take additional Tylenol with your prescription. DO NOT take antihistamines or other drying medications.
- Avoid Ibuprofen (Motrin and Advil) and Aspirin due to the increased risk of bleeding.

YOUR NEXT DOSE OF \_\_\_\_\_ CAN BE GIVEN AT \_\_\_\_\_ TODAY.

### BLEEDING

- Sniff back and spit out any secretions you feel in the back of your throat. Swallowing bloody fluids will cause increased nausea and vomiting.
- Blood-tinged secretions are expected, but profuse bright red blood through the nose and/or mouth is not normal. Call 911 or go to the nearest ER.
- A “drip pad” has been placed beneath your nose, change this as needed. It is not uncommon to change this dressing frequently the first few days.
- If a new drip pad becomes saturated in less than 10 minutes, use 5 sprays of AFRIN in each nostril. If the Afrin does not slow or stop the bleeding after 2 attempts, call the office or go to the nearest Emergency Room.

## DRESSING

- Soft packing (gauze or sponges) have been placed in your nose. These should be removed carefully and slowly using your fingertips or tweezers in 24 hours.
- Stents have been placed inside your nasal passages. They will be removed at your first post-op visit.
- Sinus rinses begins tomorrow. Rinse 2-3 times a day until your follow-up appointment.
- Nasal sprays begin tomorrow. Spray 3-4 times a day until your follow-up appointment.

### When to CALL YOUR DOCTOR (CALL 208-336-4368 TO REACH YOUR PHYSICIAN)

- A fever of 101 degrees for more than 24 hours.
- Pain that is not controlled by your prescription pain medication.
- Persistent nausea and vomiting lasting more than 24 hours.

### When to go to the EMERGENCY ROOM

- If you have difficulty breathing or shortness of breath.
- Uncontrollable bright red bleeding despite using Afrin twice.
- If you are unable to reach your physician and need help.

## SINUS RINSE



**Step 1**

### Step 1

Please wash your hands. Fill the clean bottle with the designated volume of either distilled, micro-filtered (through 0.2 micron filter), commercially bottled or previously boiled and cooled down water. Always rinse your nasal passages with NeilMed® Sinus Rinse™ packets only. Our packets contain a mixture of USP grade sodium chloride and sodium bicarbonate. These ingredients are of the purest quality available to make the dry powder mixture. Rinsing your nasal passages with only plain water without our mixture will result in a severe burning sensation as the plain water is not physiologic for your nasal lining, even if it is appropriate for drinking. Additionally, for your safety, do not use tap or faucet water for dissolving the mixture unless it has been previously boiled for five minutes or more as boiling sterilizes the water. Other choices are distilled, micro-filtered (through 0.2 micron), commercially bottled or, as mentioned earlier, previously boiled water at lukewarm or body temperature. You can store boiled water in a clean container for seven days or more if refrigerated. Do not use non-chlorinated or non-ultra (0.2 micron) filtered well water unless it is boiled and then cooled to lukewarm or body temperature.

*\*You may warm the water in a microwave in increments of 5 to 10 seconds to avoid overheating the water, damaging the device or scalding your nasal passage.*



**Step 2**

### Step 2

Cut the Sinus Rinse™ mixture packet at the corner and pour its contents into the bottle. Tighten the cap and tube on the bottle securely. Place one finger over the tip of the cap and shake the bottle gently to dissolve the mixture.



**Step 3**

### Step 3

Standing in front of a sink, bend forward to your comfort level and tilt your head down. Keeping your mouth open, without holding your breath, place the cap snugly against your nasal passage. SQUEEZE BOTTLE GENTLY until the solution starts draining from the OPPOSITE nasal passage. Some may drain from your mouth. For a proper rinse, keep squeezing the bottle GENTLY until at least 1/4 to 1/2 (60 mL to 120 mL or 2 to 4 fl oz) of the bottle is used. Do not swallow the solution.

### Step 4

Blow your nose very gently, without pinching nose completely to avoid pressure on eardrums. If tolerable, sniff in gently any residual solution remaining in the nasal passage once or twice, because this may clean out the posterior nasopharyngeal area, which is the area at the back of your nasal passage. At times, some solution will reach the back of your throat, so please spit it out. To help drain any residual solution, blow your nose gently while tilting your head forward and to the opposite side of the nasal passage you just rinsed.

**Step 5**

Now repeat steps 3 and 4 for your other nasal passage. Most users find that rinsing twice a day is beneficial, similar to brushing your teeth. Many doctors recommend rinsing 3-4 times daily or for special circumstances, even rinsing up to 6 times a day is safe. Please follow your physician's advice.

**Step 6**

Clean the bottle and cap. Air dry the Sinus Rinse™ bottle, cap, and tube on a clean paper towel, a lint free towel, or use NeilMed® NasaDOCK® or NasaDOCK plus™ (sold separately) to store the bottle, cap and tube.

**SINUS SPRAY****Step 1**

Insert tip of actuator into nostril and press gently until adequate volume has been sprayed and the nasal passages are moist.

**Step 2**

Repeat for the other nostril. For babies and children, do not insert nozzle beyond the flange. Use 3-4 times a day as directed by your physician.