

OTOLARYNGOLOGY – FACIAL PLASTIC SURGERY OF LONG ISLAND, P.C.
NY FACIAL PLASTICS
NY FACIAL SURGICAL FACILITY, LLP
NY FACIAL MEDI-SPA
NY FACIAL SINUS & SKULL BASE CENTER

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American College of Surgeons
American Academy of Otolaryngology – Head and Neck Surgery
American Academy of Facial Plastic and Reconstructive Surgery

www.nyfacialplastics.com www.IslandENT.com

Affiliated Hospitals

North Shore University Hospital
Long Island Jewish Medical Center
Schneider Children's Hospital
Day – Op of Long Island
Mount Sinai Medical Center, NY

POSTOPERATIVE INSTRUCTION SHEET

SEPTAL AND SINUS SURGERY

1. **KEEP HEAD ELEVATED ON TWO PILLOWS.**
2. **CHANGE GAUZE PAD AS NECESSARY.**
3. **START NASAL SPRAYS AS SOON AS YOU RETURN HOME FROM THE SURGI-CENTER.**
NEOSYNEPHRINE ½% (TWO PUFFS EACH NOSTRIL FOUR TIMES A DAY FOR FIVE (5) DAYS) OR
AFRIN 2 PUFFS EACH NOSTRIL TWICE A DAY FOR 5 DAYS. ALSO USE SALINE NASAL SPRAY (TWO
PUFFS EACH NOSTRIL AT LEAST FOUR TIMES A DAY FOR ONE MONTH) AFTER SURGERY.
4. **TAKE ORAL ANTIBIOTIC AS PRESCRIBED.**
5. **USE COOL MIST HUMIDIFIER IN THE BEDROOM ESPECIALLY IN THE WINTER MONTHS.**
6. **TYLENOL, TYLENOL WITH CODEINE OR VICODIN ES AS NECESSARY FOR DISCOMFORT/PAIN. NO**
ASPIRIN, PLAVIX OR ASPIRIN-LIKE CONTAINING COMPOUNDS SUCH AS ADVIL, MOTRIN, NUPRIN,
MEDIPREN OR NAPROSYN TWO WEEKS PRIOR TO SURGERY THROUGH TWO WEEKS AFTER
SURGERY.
7. **LIQUID AND SOFT DIET FOR THE FIRST 24 HOURS. RESUME REGULAR DIET AS TOLERATED.**
NOTHING HOT IN TEMPERATURE TO EAT OR DRINK FOR TWO WEEKS FOLLOWING SURGERY.
8. **NO STRENUOUS EXERCISING, AEROBICS OR LIFTING FOR TWO WEEKS FOLLOWING SURGERY.**
9. **NO AIRPLANE FLIGHTS FOR TWO WEEKS. DO NOT LEAVE TOWN FOR TWO WEEKS.**
10. **NOTIFY SURGEON IF THERE IS PERSISTENT BRIGHT RED BLOOD FROM THE NOSE OR MOUTH.**
11. **NO NOSE BLOWING FOR TWO WEEKS**
12. **NO HOT SHOWERS OR BATHS FOR TWO WEEKS FOLLOWING SURGERY.**
13. **MAKE FOLLOW-UP APPOINTMENT FOR NEXT AVAILABLE DAY**

BTS/el
11/08