

# CHESTER COUNTY OTOLARYNGOLOGY AND ALLERGY ASSOCIATES

## A DIVISION OF PINNACLE EAR, NOSE AND THROAT ASSOCIATES

*Adult and Pediatric Ear, Nose and Throat and Allergy Evaluation and Treatment*

Andrew V. Chuma, MD  
Michael A. Hoffmann, MD  
Michael J. Ward, MD  
Timothy J. Downey, MD

Head and Neck Cancer Surgery  
Thyroid & Parathyroid Surgery  
Sinus Surgery  
Allergy Evaluation and Treatment  
Audiology and Hearing Aids

### **POSTOPERATIVE INSTRUCTIONS FOR NASAL/SINUS SURGERY**

1. Please call the office if you do not have postoperative appointment.
2. Rest as much as possible for the first few days. For the first week, you should limit yourself to housebound, restful activities. You should plan to take one week off of work/school and a second week of non strenuous activity (no gym, heavy lifting, straining, bending over.....). These activities can lead to bleeding and more discomfort.
3. DO NOT blow your nose. This will raise pressure and lead to bleeding. Sneeze with your mouth open.
4. DIET. Fluids are extremely important after surgery. Dehydration will lead to increased pain and slower recovery. In general, if you are not urinating at least 4 times per day, you should increase your fluid intake. Avoid hot or spicy foods since these can lead to increased nasal secretions, pressure and pain.
5. PAIN control is important after surgery. Everyone responds to surgery differently. You may not need anything more than Tylenol however if your pain is not relieved with the medicine prescribed, call the office. DO NOT TAKE Aspirin, Motrin, Ibuprofen, Alka-Seltzer or compounds containing these medicines since they can lead to increased bleeding after surgery. Tylenol is OK. If you have any questions regarding which medications to take, please call the office anytime. Putting an ice pack on your nose may help soothe the pain and decrease swelling. Sleeping with your head elevated will also keep swelling to a minimum which will alleviate some pain. EAR PAIN is very common after surgery.
6. Some bloody oozing can persist for a few days after surgery. AFRIN decongestant nasal spray will help control oozing but must be used for ONLY the first few days after surgery. Call the office if persistent active bleeding occurs anytime after surgery. Change the gauze dressing as needed
7. It is often difficult to breathe through the nose after surgery however if you experience a sudden and persistent worsening in your nasal breathing after surgery, please call the office.
8. It is important to irrigate the nose with saline sprays after surgery to keep the crusting to a minimum. This will help keep the nasal lining moist and minimize the desire and need to blow your nose. It will also help keep the nose clean.
9. FEVER may occur after surgery. Dehydration is the most common cause of fever. Please make sure you are drinking enough liquids. Fevers may be lowered with Tylenol. If your fever continues for more than 24 hours or if it goes above 101.5, please call the doctor.
10. No flying is allowed for at least 4 weeks after surgery
11. If you have ANY problems, questions or concerns before or after your surgery, please call the office.

460 Creamery Way, #103  
Exton, PA 19341  
610-384-8300

689 Unionville Rd.  
Kennett Square, PA 19348  
610-345-0977

795 E. Marshall St.,# 303  
West Chester, PA 19380  
610-384-8300

213 Reeceville Rd, #10  
Coatesville, PA 19380  
610-384-8300

455 Woodview Rd. #210  
West Grove, PA 19390  
610-345-0977