

**BENJAMIN S. BLEIER, MD, FARS, FACS****ENDOSCOPIC SINUS AND SKULL BASE SURGERY**

243 CHARLES STREET  
BOSTON, MA 02114  
PHONE: 617-573-6966  
FAX: 617-573-3914

**SINUS AND NASAL SURGERY POST-OPERATIVE INSTRUCTIONS**

The following instructions will explain what to expect following surgery and help you to have the most comfortable recovery possible.

**How will I feel after the surgery?**

- You may have some packing inside your nose and you will feel very congested. You may also feel a small stitch at the front on the nose. You should expect some bloody drainage over the first few days and may tape a gauze pad under the nose.
- You may experience some pain and fatigue for 1-2 weeks and will be given pain medication to use sparingly. You may also use Tylenol (as directed on the bottle). Do not use any NSAIDs (Ibuprofen, Motrin, etc...). You may be given additional prescriptions for antibiotics, pain medication, or steroids on the day of the surgery.

**What kind of activities can I do after surgery?**

- To prevent bleeding, avoid blowing your nose, straining, or lifting anything over 10lbs. If you have the need to cough or sneeze, do so with your mouth open.
- You may shower normally and eat/drink anything you wish although you may feel nauseated for the first 24 hours from the anesthesia.
- You will start nasal saline irrigations with a full bottle after your packing has been removed. Before packing removal you may use a gentle saline spray to keep the nostrils clean. If you have no packing the irrigations may start the day after surgery.

**What will happen at my first follow-up appointment?**

- You should schedule an appointment within 6-8 days of your surgery. At this visit your nasal packing and stitch (if present) will be removed and any nasal crusting or debris will be removed, this is called a debridement. Some patients experience mild discomfort with packing removal. You may take tylenol 1 hour prior to your visit.

**What should I look for after the surgery?**

*Call the doctor immediately or go to the closest Emergency Room if you experience:*

- Brisk bright red bleeding that doesn't stop with pressure, Fever >101 degrees orally, eye swelling or vision changes, persistent clear or watery nasal drainage, yellow or foul smelling nasal drainage.
- If you develop diarrhea, a rash, or feel you are having an allergic reaction immediately stop your medications and call the doctor or come to the emergency room.

You may call Dr. Bleier's office during the day (617-573-6966) or the hospital operator after hours (617-523-7900) and ask for the ENT resident on call. The emergency room is open 24 hours a day, 7 days a week.