

Surgery Center of Pinehurst
Home Instructions for Endoscopic Sinus Surgery/Septoplasty/Turbinectomy

1. You will probably need to wear a “drip pad” or a small piece of gauze under your nose for 24-48 hours after surgery. This will absorb any bloody nasal drainage. The drainage should be minimal. You will probably have to change the drip pad every 1-2 hours. If you are changing it every 5-10 minutes, contact your physician.
2. Drink a lot of fluids to minimize mouth and throat dryness. Irrigate your nose with saline nose spray 4-5 times a day (more is better). This will keep your nose moist and facilitate healing.
3. Facial pressure is normal while the splints are in place, and the tip of your nose may be sensitive for several weeks after your surgery. Avoid contact or injury to your nose.
4. If splints are used to help stabilize your nasal septum, these will probably be removed 1 week after surgery.
5. **Do not try to remove scabs from the inside of your nose. If the nasal irrigations fail to relieve increasing nasal congestion or facial discomfort, call the office for further instructions.**
6. Keep the head of your bed elevated with an extra pillow, or sleep in a recliner.
7. No stooping, bending, or heavy lifting until instructed by your physician. Avoid strenuous activities such as exercising until instructed by your doctor.
8. Do not blow your nose until instructed by your physician.
9. Do not take antihistamines or medication to “dry up” nasal secretions unless prescribed by your physician.
10. If you have known allergies to inhalants, try to avoid coming in contact with these until you are healed.
11. You may use a humidifier to keep your nose and sinus moist and facilitate draining.
12. You will need to be out of school or work for a week to ten days or until released by your physician.
13. Take the medication your physician prescribed for you. Remember, take the medication with food. This will minimize side effects such as nausea and vomiting. Pain medication may also dehydrate/constipate, so drink plenty of fluids. Do not drive as long as you are taking pain medication. **Take antibiotic until it is all gone.**
14. **Do not take aspirin or aspirin-containing products, including ibuprofen for 2-3 weeks after your surgery.**

Contact your physician if you experience:

*Decreased or double vision, * “stiff neck”, * fever of 101 degrees or higher not relieved by Tylenol.

If you have any questions or concerns, do not hesitate to contact our office.

Office hours are Monday through Friday, 8 a.m. until 4 p.m.

After 5pm or on the weekend, call First Health Moore Regional Hospital at 910-715-1000 and ask for the physician on call

Dr. Carl Berk: 910-295-0219

Dr. Matthew Grafenberg: 910-235-2706

Dr. Justin Miller 910-235-4677

Dr. Wyman McGuirt: 910-295-0242

Dr. Riefkohl: 910-295-0240

Dr. Kilpatrick 910-295-2926