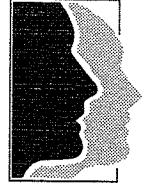


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ENDOSCOPIC SINUS SURGERY AND/OR INTERNAL NASAL RECONSTRUCTION

TWO WEEKS BEFORE SURGERY

- Do **not** take aspirin or aspirin containing products for 2 weeks prior to the surgery and for 2 weeks following the surgery. Aspirin will increase the risk of postoperative bleeding.

TWO DAYS BEFORE SURGERY

- A Sterapred pak (low dose of steroids) is prescribed to aid in the healing and comfort. Begin taking this prescription 2 days prior to surgery and continue to take it for a total of 6 days. Follow the instructions on the package.

THE NIGHT BEFORE SURGERY

- Do **not** have anything to eat or drink starting 8 hours before surgery.

THE DAY OF SURGERY

- With a sip of water, take the first pill from day 3 of the Sterapred pak as well as any blood pressure medicine. Resume all other medicines **after** surgery as directed.
- Following the surgery you will stay in the recovery room until you are fully awake. After a few hours you will be discharged to go home.
- You may be nauseated after general anesthesia. This usually clears after a few hours. If the nausea persists or if you vomit repeatedly, your doctor should be contacted.
- You may eat normally as tolerated. You may prefer a thick soup as opposed to food that requires heavy chewing. Also, because your nose will be "packed", it will be uncomfortable to breathe if you fill your mouth with food. The choice is yours!
- Please have someone stay with you for the first 24 hours after your surgery.

(OVER)

ADDITIONAL INSTRUCTIONS AND INFORMATION

- You will be given a prescription for pain medicine that should be filled before your surgery. Take it as prescribed. Do **not** wait until you are in a great deal of pain as the medication will be less effective and take longer to “kick in”. If your pain is severe, your doctor should be contacted.
- You will have a drip pad on for the first 24 hours and there will be some oozing. If you have to change your drip pad more frequently than once an hour because it is saturated, your doctor should be contacted.
- It is okay to change your nasal drip pad as needed for the first 24 hours postoperatively.
- **Do not blow your nose** for 2 weeks following your surgery. You can use a saline nasal spray (Ayr or Ocean), 1 puff each nostril 4 times a day or more often as needed. If you need to sneeze, open your mouth.
- Elevate your head on 3 pillows or sit/sleep in a recliner.
- Ice packs may be placed over your cheeks every 3 to 4 hours for 15 to 20 minutes at a time.
- If you experience any vision problems, your doctor should be contacted.
- A temperature of over 100.4 should be reported to your doctor.
- Numbness or discomfort may occur in the upper front teeth. This is temporary and not unusual.
- Occasionally, some temporary swelling, bruising, or numbness of the lip or temporary bruising of the area around the eyes may occur.
- Air under the skin around the eyes or cheeks may occur and is temporary.
- It may take 5 to 6 weeks for full recovery and improvement in your symptoms. Please be patient.

ACTIVITY

- No strenuous activity for 2 weeks. Gradually increase to low activity 3 to 4 days after your surgery. You can return to school or light duty work after 1 week.