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****POST OPERATIVE INSTRUCTIONS IMAGE-GUIDED SINUS SURGERY****

In order to assure the best surgical outcome, it is necessary to follow some simple instructions after your surgery. Please take a moment to carefully review these instructions. If you have any questions, please do not hesitate to call the office.

It is absolutely imperative that you see the doctor 1 week after surgery. Please call the office to schedule your post-operative appointment at your earliest convenience.

WOUND CARE

The nasal cavity does not have any packing other than nasal splints in the sinuses. Since there is no nasal packing, there is always a certain amount of nasal oozing of secretions for the first 24-48 hours. Change only the dressing at the tip of your nose as often as necessary. These supplies will be given to you at the surgical center. For the first 24 hours, you may need to change the dressing as often as every hour.

If, however, you should experience any excessive oozing, please lie down in a semi-recumbent position and apply ice packing over the nose and cheek area. You may use 0.25% Neo-Synephrine nasal spray, which is available at any retail pharmacy, every 4-6 hours until the spotting and oozing stops.

If the discharge is profuse, please call the office 212-452-3005 immediately and we will return your call expeditiously. In case you have any trouble reaching the office or the on-call physician please go to the nearest emergency room, preferably New York

Presbyterian Hospital-Cornell, 525 E. 68th Street, between York Avenue and the East River.

DIET

For the first 24 hours after surgery, please restrict yourself to only liquids and soft foods, i.e. pasta, yogurt, jello, pudding, mash potatoes, etc.

You may advance to a regular diet after the first 24 hours as tolerated.

Alcoholic beverages are strictly prohibited for 1 week after surgery.

ACTIVITIES

Do NOT blow your nose, as this will increase your chances of complications. Dab the nose gently with a tissue.

For the first week after surgery, please restrict your physical activities. Do not engage in sports, exercise in the gym, or swim until you are given approval to do so by Dr. Anand.

You will probably be able to resume physical activities 2 to 3 weeks after surgery.

Please do not plan air travel for the first 2 weeks after surgery.

Restrict yourself to bathing and not showering for the first week after surgery. The water should not be too hot, preferably on the lukewarm side.

WORK RELATED QUESTIONS

It is my recommendation that you do not return to work for the first week after surgery. If you can work from home, you may do so after the 2nd post-operative day. You must restrict your

physical activities at home as well, including not lifting heavy items (maximum 15 pounds).