

**San Antonio Oral & Maxillofacial Surgery Assoc.**  
**Post-Operative Instructions for Facial Surgery involving the Sinus**

**WHAT TO EXPECT:**

- You may have mild to moderate facial, nose pain, and possibly a headache.
- It is normal to have bloody-tinged mucus or saliva drainage for several days
- Nasal blockage due to nasal swelling and congestion
- Possible bloody tinged drainage from tear duct
- Clotting and debris in nose causing mild to moderate congestion

**HELPFUL HINTS:**

- Apply ice to the nose for ½ hour on and ½ hour off while awake during the first 2 days following surgery. You can continue to use ice on and off for your entire week after surgery as it does help reduce swelling and decrease any bleeding you might have. If you are sleeping there is no need to wake to ice your nose.
- You will have stitches over your surgical site, these should dissolve within one week post surgery. If they are not dissolvable, your Doctor or Nurse will inform you they should be removed at your follow-up visit.
- **DO NOT BLOW YOUR NOSE FOR THE FIRST 10 DAYS FOLLOWING SURGERY**
- **DO NOT USE A CPAP MACHINE FOR ONE WEEK IF YOU USUALLY WOULD FOR TREATMENT OF SLEEP APNEA .**
- You may use saline to irrigate any debris rather than blowing your nose. This can be bought over the counter at any pharmacy. You can use your saline as much as every 20 minutes.

**DAY OF SURGERY:**

- Once discharged from hospital you will want to pick up written prescriptions from your pharmacy of choice. At that time you will also need to pick up a nasal saline spray. It is a good idea to buy several bottles.
- This is very important to help keep your nostrils and sinuses moist. Using the saline spray will also help dislodge any retained debris you may have collected since the procedure, which will alleviate congestion.
- Try to use a humidifier at nighttime if your congestion is not resolving with saline rinses.
- Pain medication will be prescribed; you may take it as often as every 4-6 hours. It will be normal to have nasal and facial pain through the first week. This discomfort usually increases for the first 3-5 days after the procedure. As the pain decreases you may substitute the pain medication with Tylenol. Narcotic pain medication can cause constipation; you may take over the counter stool softeners to help.
- We recommend that you stay with your head above the level of your heart as much as possible. Try to sit, walk or stand but rest when you are tired. Often pain medication will make you sleepy. Sleep with your bed elevated or in a recliner if possible.
- It is not recommended to do any bending and lifting heavy items for the first week. It can cause increased bleeding. We recommend that you refrain from this or any other strenuous activities. High activity levels cause increased swelling, rise in blood pressure and possibly more bleeding.
- Remember to sneeze through your mouth, like a cough. You should avoid sneezing for the first week after surgery.

**WHEN TO CONTACT OUR OFFICE:**

- Mild blood-tinged draining from the nose after sinus surgery is very normal. If you have a vigorous nose bleed that can not be stopped with use ice/saline and mild pressure, you should call our office.
- A fever (temperature greater than 100.4) for 4 days after surgery is normal. Keeping yourself hydrated is a good way to help reduce a low grade fever.

- A headache is normal after sinus surgery. If you should experience a severe headache not controlled with pain medication especially when combined with blurred vision, high fever, mental confusion or a stiff neck, you should contact our office immediately.

**If you feel you have a true emergency, call 911 or go directly to the nearest emergency room. Our Doctors are on Staff at most Major hospitals and can be called directly.**

**You can contact our office @ 210-696-7500. The answering service will page the provider on call and you should be contacted within 30 minutes.**