



ORANGE OFFICE BASED SURGERY, PLLC

Ran Y. Rubinstein, MD

POST-OPERATIVE INSTRUCTIONS

Patient: _____

Surgery Date: _____

Post-Operative Instructions for **Sinus surgery**

IN CASE OF AN EMERGENCY

- During business hours: call the office @ **845-562-6673**
 - After hours or weekends: call Dr. Rubinstein's pager @ **888-235-9868**
 - **Avoid** going to the emergency room without contacting the office first for further instructions.
1. Rest on the day of surgery. Drink plenty of clear liquids during the first two days following surgery. You can eat whatever you feel like, however it is suggested that you begin with soups, toast, or other easily digested foods. Do not drink alcoholic beverages including beer and wine, for the next 24 hours. On the following day you can do those activities that you feel able to do and resume your normal activities as your physician directs.
 1. Nausea and vomiting can occur during your ride home. This is a common occurrence and is normal for many patients. If the nausea does not subside within 6 hours, you should contact your physician.
 2. You may feel dizzy, lightheaded or sleepy for 12 to 24 hours after your procedure. This is perfectly normal, but you should not drive or operate any mechanical or electrical device until this feeling has worn off.
 3. You should not sign any important documents or make important decisions for 24 hours after your procedure.
 4. Discomfort or pain is usually relieved by pain relievers as prescribed by your doctor. Stomach discomfort and/or nausea can be caused by oral pain medication if you have not eaten some food; e.g., crackers and soup.
 5. If antibiotics were prescribed assure that you finish the prescription.
 6. Call for a follow-up appointment with your doctor if you have not already done so.
 7. If you have a dressing, follow the directions of your doctor. Generally; you should keep your dressing dry and in place until you are instructed to remove it.
 8. **It is very important that you wash your hands before changing your dressings or touching your surgical site.**
 - Touch surgical site or area around incision as little as possible.
 - Keep everything that comes in contact with the area as clean as possible.
 - No soaking of wound in water (including Jacuzzi) until sutures or staples are out and wound is completely healed. May shower after 48 hours.
 - Refer to your discharge instructions regarding how often to change the dressing.
 - Watch for signs of infection:
 - **Increased redness or swelling**
 - Increased pain
 - Purulent (thick yellowish drainage) drainage from the incision
 - Fever above 100 degrees.
 - Red streaks from incision
 - **For any of the above symptoms, contact our office right away.**

Instructions for Nasal Surgery (Sinus, Septoplasty, Turbinate, Nasal Fracture)

What to expect:

1. Mild to moderate discomfort for 2 to 3 days: Use prescribed painkillers as instructed. Switch to Tylenol 2 to 3 days.
2. Mild nasal bleeding: change nasal drip pad as needed. By day 2 to 3, no longer needed.
3. Bruising: None with sinus surgery.
4. Work/school: usually back to school/work less than 1 week depending on surgery. With Balloon Sinuplasty, many patients are back to work the next day.



ORANGE OFFICE BASED SURGERY, PLLC

Ran Y. Rubinstein, MD

POST-OPERATIVE INSTRUCTIONS

Patient:

Surgery Date:

Post operative instructions:

1. Begin cleaning nose as soon as you come home from your surgery as follows and continue 3 times per day for 6 weeks:
 - a) Clean nostrils with Q-tips soaked in peroxide. Advance Q-tip half an inch into your nose.
 - b) Use a second dry Q-tip to clean nose in a similar fashion
 - c) Apply Vaseline ointment or Polysporin antibiotic ointment inside your nose with Q-tips to keep it moist.
 - d) Spray saline (salt water) spray (i.e. Ocean, Ayer) into your nose for additional moisture.
2. Sleep with a cool mist humidifier: You will be mouth breathing for up to 6 weeks. This will prevent you waking up with a sore throat.
3. **Sinus Irrigations: (ONLY IF YOU HAD SINUS SURGERY)** Purchase either: 1) NeilMed Saline Rinse bottle or 2) Active Sinus Saline Rinse bottle, www.activesinus.com, and begin irrigating your sinuses as soon as you come home from your procedure two times per day for a total of 6 weeks. The bottles come pre packaged with saline (salt water). These bottles can be purchased at your local pharmacy without a prescription. Dr. Rubinstein will often order these bottles for you with pre mixed antibiotics. They will be shipped to your home by TAG Pharmacy 888-824-8100. In these circumstances, you will not have to purchase your own bottle if covered by insurance. Regardless of which rinse bottle you have, add half to one teaspoon of baby shampoo. This helps break up bacteria in the sinuses. If you would like to make your own salt water: Mix 1 Liter water, 1 tablespoon salt, 1 tablespoon baking soda; boil or use distilled water, then keep room temp. Failure to properly wash your sinuses may result in excessive crusting in your healing sinuses which in turn can lead to scar tissue formation. Allergy sufferers find long term washing of their sinuses beneficial.
4. Blowing your nose: Avoid blowing your nose for the first week and sneeze with your mouth open. After one week blow gently for the next 1 to 2 weeks.
5. Packing: Dr. Rubinstein rarely uses packing(tampons) in your nose to control bleeding. Special plastic surgical suturing techniques are used to minimize bleeding. You may notice some dissolvable sutures coming out of your nostril over the next 6 weeks. It is ok to trim them gently. If packing is used, it is usually removed within 2 to 3 days.
6. Breathing out of your nose: It is normal to feel very congested for the first two weeks. This will be minimized by how well you follow the cleaning instructions. Usually by the 6th week you will feel the full effect of the surgery and breath well.
7. Exercise: You may resume full activities within two weeks except if you have had rhinoplasty or nasal fracture surgery. In this case, its ok to resume aerobic activity by 2 weeks but avoid contact sports/activity for a total of 6 weeks. In addition, if you have had rhinoplasty or nasal fracture surgery, do not wear glasses over the bridge of your nose for 6 weeks and avoid extreme sun exposure to your nose for 3 months (wear a hat and sun block on the beach).
8. Nasal cast/splint: Only applies if you have had rhinoplasty or nasal fracture surgery. Keep the splint dry. Do not shower. On the day of your first post operative visit, one week, shower and wet your cast with soap and water. It will facilitate removal in the office.
9. Nasal allergy sprays: avoid for the first week as they may be irritating. Oral allergy medications are permitted immediately as long as they don't contain aspirin products.
- 9a. Smoking: avoid smoking during the healing process. Smoking can delay healing and lead to scar tissue formation.
10. Final results:
 - a) Swelling: If you have had nasal fracture or rhinoplasty surgery, do not judge the results for at least 6 weeks. The healing process goes on for 12 months before all the swelling has subsided.
 - b) Breathing thru your nose: It can take up to 6 weeks for full breathing ability. Allergies are not cured by surgery. Please resume allergy sprays (if used pre operatively) after one week from surgery.
11. Follow up in the office
 - a) 1 week: first follow up if you have had nasal fracture or rhinoplasty surgery- splint removal
 - b) 2 weeks: for all other nasal surgeries. This visit is crucial to normal healing. Dr. Rubinstein may look inside your nose with a special camera to assess healing and need for cleaning out of crusts- if left in place, they can lead to scar tissue.
 - c) 6 weeks: for all nasal surgeries

