

## Follow-up Appointment

- You may have prescriptions for nasal drops and nasal rinses.  
Start to use as soon as possible.
- Phone the office as soon as possible and make an appointment  
for follow-up in 1 week for splint removal  
OR \_\_\_\_\_ weeks.

- Dr. Noah Massa  
2 – 3705 27th Street  
Vernon, BC  
Tel: 545-5433
- Dr. Jacek Szudek  
202 – 5100 Anderson Way  
Vernon, BC  
Tel: 778-475-7730



# Nasal Surgery Septoplasty Functional Endoscopic Sinus Surgery

## Healthlink BC

Dial 8-1-1  
Hearing Impaired Dial 7-1-1  
Talk to a Nurse 24 hours/day, 7 days/week  
Pharmacist available between 5 p.m. - 9 a.m. daily  
Dietitian between 9 a.m. - 5 p.m. - Monday to Friday  
[www.healthlinkbc.ca](http://www.healthlinkbc.ca)

Vernon Jubilee Hospital  
2101 32<sup>nd</sup> Street  
Vernon, BC V1T 5L2  
Phone: 250-545-2211

If you have any questions or concerns, please feel free to discuss them with the Doctor or a Nurse.

- You must be accompanied home by a responsible adult. You may not drive.
- An adult must stay with you after surgery and overnight if you have had a general anesthetic.
- Do not drink alcohol for 24 hours following surgery as its effects will add to those of the anesthetic. Do not drink alcohol while taking narcotics for pain control.
- Follow the instructions give to you by your Surgeon. Take medication as ordered for discomfort.

### **What to Expect Following Surgery**

- Your nose may have splints.
- The splints will remain in place for approximately one week.
- While the splints are in place, you will breathe through your mouth, causing it to be dry.
- A small dressing under your nose will absorb drainage.

### **Nasal Splints**

- You may have splints tied under your nose with black string.
- Do not touch the splints
- If the splints fall out, leave them out.
- it is not necessary to notify your Doctor unless bleeding starts.

### **Nasal Packing**

- You may have nasal packing, which will be removed the day following your procedure.
- Please go to \_\_\_\_\_ at \_\_\_\_\_ to meet with your Surgeon.

### **Do not blow your nose**

- If you feel a sneeze coming on, open your mouth to sneeze.

### **Activity**

- You should be up and around after 24 hours.
- You will be off work or away from school for up to 10 days to 2 weeks.

### **Avoid**

- heavy lifting
- straining
- bending over
- sports for two weeks
- hot showers or baths

### **Nutrition**

- You may eat whatever you wish, remembering it is difficult to breathe through your mouth and chew at the same time
- Try soft foods, which require little chewing, such as pudding, ice cream, soups and pastas.
- Avoid hot liquids, including soup, allow them to cool to lukewarm temperature before eating or drinking.

### **Discomfort**

- You will experience mild discomfort for up to 10 days following surgery.
- Pain medication will be prescribed for you.
- Take the medication as soon as you feel discomfort, but not more often than prescribed.
- Pain medication may cause constipation.
- Drink an adequate amount of fluids and if required take a mild laxative.
- Avoid straining.

### **Sleeping**

- Elevate the head of the bed 30 –40 degrees, using pillows.
- You will be mouth breathing.

### **Bleeding**

- If bleeding occurs, place an ice bag or bag of frozen vegetables over the bridge of your nose. If bleeding does not stop in 10–15 minutes, call the office, or go to your nearest hospital emergency department.
- If you notice any swelling of the eyes or change in vision or fever over 38.5° C please call the office or go to your nearest emergency department.