

## Post-Operative Instructions

- After Sinus surgery:
  - Please use saline irrigation to gently rinse your nose on both sides starting 3 days after surgery. Please do this at least 2 times a day.
  - Mild oozing of blood or blood-tinged mucus is normal for 2 days after surgery. If this amount increases or does not stop with pressure, please contact the office or go to the nearest ED.
  - Use Afrin nasal spray in both nasal passages in case of bleeding. If there is bleeding, apply a couple squirts every hour to both sides until bleeding stops.
  - Diet: Recommend a bland soft food diet (ex. Pasta) on day of surgery. On the following day, please advance as tolerated to a regular diet.
  - Activity: No strenuous activity or lifting anything greater than 10 lbs for 2 weeks after surgery.
  - Pain: Take prescribed medication either 1 tablet every 4 hours or 2 every 6 hours. Some patients do better with Motrin or Aleve or plain Tylenol. It is ok to take these but only if you alternate with the prescribed medication or completely stop the prescribed medication. DO NOT DOUBLE by taking both types every 4 or 6 hours.
  - For sleep, your nose will feel congested due to packing. If possible to sleep with the head of the bed elevated or in a recliner, this will help greatly.
  - Please do not blow your nose until you have followed up with physician for your post operative care.
  
- After Septum surgery:
  - It is common to have a splint placed in your nose after this surgery which is stitched into place. If the stitch comes out, please call the clinic sooner than your post-operative appointment. If it remains, the splint will be removed at your post-operative appointment.
  - Mild oozing of blood or blood-tinged mucus is normal for 2 days after surgery. If this amount increases or does not stop with pressure, please contact the office or go to the nearest ED.
  - Use Afrin nasal spray in both nasal passages in case of bleeding. If there is bleeding, apply a couple squirts every hour to both sides until bleeding stops.
  - Diet: Recommend a bland soft food diet (ex. Pasta) on day of surgery. On the following day, please advance as tolerated to a regular diet.
  - Activity: No strenuous activity or lifting anything greater than 10 lbs for 2 weeks after surgery.
  - Pain: Take prescribed medication either 1 tablet every 4 hours or 2 every 6 hours. Some patients do better with Motrin or Aleve or plain Tylenol. It is ok to take these but only if you alternate with the prescribed medication or completely stop the prescribed medication. DO NOT DOUBLE by taking both types every 4 or 6 hours.
  - For sleep, your nose will feel congested due to packing. If possible to sleep with the head of the bed elevated or in a recliner, this will help greatly.

- Please do not blow your nose until you have followed up with physician for your post operative care.
  
- After Vocal Cord surgery:
  - It is very common to have blood-tinged mucus when coughing or spitting. This will resolve within 48 hours of surgery. If it is excessive or continuous, contact the office please or go to the nearest ED if copious.
  - Following most surgeries on the voice, it is common to be told to do voice rest. Voice rest means ABSOLUTELY NO TALKING INCLUDING NO WHISPERING!! The length of voice rest depends on your type of surgery and Dr. Venkatesan will let you know the timeframe. Once that time frame is completed, please resume talking – no whispering and no yelling. Try your best to communicate with others face-to-face and in the same room with limited background noise.
  - Diet: Recommend a bland soft food diet (ex. Pasta) on day of surgery. On the following day, please advance as tolerated to a regular diet.
  - Activity: No strenuous activity or lifting anything greater than 10 lbs for 2 weeks after surgery.
  - Pain: Take prescribed medication either 1 tablet every 4 hours or 2 every 6 hours. Some patients do better with Motrin or Aleve or plain Tylenol. It is ok to take these but only if you alternate with the prescribed medication or completely stop the prescribed medication. DO NOT DOUBLE by taking both types every 4 or 6 hours.
  
- After Tonsillectomy:
  - Bleeding can happen the 24 hours or so after surgery and again nearly 1 week after surgery. If minimal, try gargling with ice water or can spray Afrin in the back of the throat with aim towards the tonsils. If continuous or copious, go to the nearest ED and contact our office. The amount of bleeding can become severe and may need surgical intervention.
  - Diet: Recommend a full liquid diet for the first week after surgery. However, some patients are able to tolerate bland soft food diet (ex. Pasta, scrambled eggs, mashed potatoes) around 5-6 days after surgery. If doing well, can advance to regular diet on day 10 after surgery but continue to avoid sharp foods or foods that require large bites until seen in the clinic for post-operative visit as these foods are more likely to cause irritation.
  - Activity: No strenuous activity or lifting anything greater than 10 lbs for 2 weeks after surgery.
  - Pain: Take prescribed medication either 1 tablet every 4 hours or 2 every 6 hours. Some patients do better with Motrin or Aleve or plain Tylenol. It is ok to take these but only if you alternate with the prescribed medication or completely stop the prescribed medication. DO NOT DOUBLE by taking both types every 4 or 6 hours.
  - It is imperative to remain hydrated as dryness can cause the healing lining to crack and bleed.

- After Esophageal procedures:
  - The scope used is either advanced through the nose or through mouth. It is normal to feel soreness in these areas following the procedure. Pain in these areas or in the throat may last for up to 1 week but is usually gone by 2-3 days after. Recommend taking Motrin or Aleve for pain.
  - Diet: Recommend a bland soft food diet (ex. Pasta) on day of surgery. On the following day, please advance as tolerated to a regular diet. Depending on your particular case, you may be advised to remain on a different diet. If so, Dr. Venkatesan will communicate this to you or your family member after the surgery.
  - Activity: No strenuous activity or lifting anything greater than 10 lbs for 2 days after surgery.
  - Following dilation or biopsies or injections, it is common to have blood-tinged mucus when spitting or coughing. This should resolve in 24 hours. If it does not, then contact our office, or if severe, head to the ED.
  
- After Thyroidectomy or other neck surgeries:
  - The wound will be closed with either a dressing or steristrips (small pieces of tape). If it is a dressing with tape and gauze, please remove 2 days after surgery. After removing dressing, it is ok to shower and get wound wet and let soap run over it. Do not scrub wound. If steristrips are present, do not remove them. Start showering 48 hours after surgery. If they do not fall off, they will be removed in clinic. If there is any question regarding dressing care, contact the office or leave dressing in place until follow up appointment which should be around 1 week after surgery.
  - Diet: Recommend a bland soft food diet (ex. Pasta) on day of surgery. On the following day, please advance as tolerated to a regular diet. It is common for this progression to take 1-2 weeks before being able to eat everything easily.
  - Activity: No strenuous activity or lifting anything greater than 10 lbs for 2 weeks after surgery.
  - Pain: Take prescribed medication either 1 tablet every 4 hours or 2 every 6 hours. Some patients do better with Motrin or Aleve or plain Tylenol. It is ok to take these but only if you alternate with the prescribed medication or completely stop the prescribed medication. DO NOT DOUBLE by taking both types every 4 or 6 hours.
  - For sleep, if possible to sleep with the head of the bed elevated or in a recliner, this will help greatly.
  - If a drain has been placed, please empty the drain at least twice a day or more if needed. Record how much is emptied and bring this in to your follow up appointment. The drain will be removed 1 week after surgery unless the amount of fluid is too great for removal.