About Post-Operative Care Visits
Post-operative office visits are a critical component of surgery since they help promote healing and prevent recurrent disease. During these visits, the surgical cavity is cleaned and inspected. Early scar tissue may be removed, and the medical treatment strategy will be adjusted based on the exam.

Your first post-operative visit will occur typically within the first week after surgery, and you should expect 2 postoperative visits within the first month after surgery.

Please call our office to set up a post-operative appointment. If you are a patient typically seen at our New Haven office, please call (203) 785-2593. If you are a patient typically seen at our Stratford office, please call (203) 375-0050.

What can I expect to experience during the post-op visits?
You can expect some bleeding from your nose for several days after the surgery and again after each office debridement. When bleeding occurs, you should tilt your head back while sitting up and breathe gently through your nose. If bleeding persists for an extended period of time, please call the office.

As the sinuses begin to clear themselves, you can expect to have some thick brown drainage from your nose. This is mucus and old blood and does not indicate an infection. This will usually subside within 2 weeks after surgery.

You may experience some discomfort postoperatively due to surgical manipulation and inflammation. Take your pain medication as directed. Often extra-strength Tylenol is sufficient. You may wish to take medication for pain prior to your post-operative visits (particularly early on, when the nose is most sensitive). If the medication is sedating, be sure to have someone available to drive you.

IMPORTANT THINGS TO DO AFTER SURGERY:
• Start your nasal irrigations on the day after surgery. You will be given instructions on how to perform the irrigations.
• Take pain medications as prescribed
• Take antibiotics, if prescribed
• Take steroids, if prescribed
• Sneeze or cough with your mouth open
• Take your pain medication before your first post-operative visit
• Sleep with your head elevated for 3 days after surgery. This will help with pain and congestion
• Take hot steam showers as needed to help with nasal congestion

IMPORTANT THINGS NOT TO DO AFTER SURGERY:
• Do not do any heavy lifting (nothing heavier than a gallon of milk)
• Do not bend, strain or exercise
• Do not blow your nose (irrigations will help clear the nose)
• Do not take aspirin, Advil, Motrin or any other NSAIDS

CALL THE ON CALL DOCTOR IF ANY OF THE FOLLOWING OCCUR:
• Change in vision
• Increased swelling around the eyes
• Neck stiffness or deep head pain
• Continued nausea or vomiting
• Bright red blood that last more than ten minutes or causes choking
• Fever over 101 degrees

TELEPHONE NUMBERS AND CONTACT INFORMATION:
Yale Section of Otolaryngology-New Haven Office (203) 785-2593
Yale Section of Otolaryngology-Stratford Office (203) 375-0050
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