

ENT & Audiology Center of Southlake

Michael D. Bryan, M.D.

Diplomate of the American Board of Otolaryngology

Amy K. Mettman, M.D.

Otolaryngology-Head and Neck Surgery

Endoscopic Sinus Surgery / Septoplasty **Surgical Instructions**

Before Surgery:

Bleeding is sometimes a risk during and after surgery. Some prescription and over-the-counter anti-inflammatory medications can increase this risk. **DO NOT** take any anti-inflammatory medication **1 week before or 2 weeks after surgery.**

Examples of anti-inflammatories: Ibuprofen, Motrin, Advil, Aspirin, Aleve or any medication that includes these drugs. If you are taking any “blood thinners” please notify the anesthesiologist and me prior to surgery.

You **MAY** take Acetaminophen (Tylenol) for pain or fever during the period before and after surgery without affecting the risk of bleeding.

On the Day of Surgery:

THE HOSPITAL WILL CALL YOU REGARDING THE TIME YOU ARE SCHEDULED FOR SURGERY. YOU WILL BE GIVEN INSTRUCTIONS, INCLUDING ARRIVAL TIME AND PRE OP FASTING INSTRUCTIONS.

Each hospital will have specific instructions and you should adhere to them. If you are not contacted in advance, or for any reason do not receive specific instructions, use the following guidelines:

You must **stop eating** all solid foods, candy, gum and milk at least **eight (8) hours** before the scheduled surgery time.

In some cases, you may be permitted to consume clear liquids up to **six (6) hours** before scheduled surgery time; this **must** be **approved** by the **hospital** or **anesthesiologist**.

IF YOU FORGET, AND EAT/DRINK AFTER THE CUTOFF TIME, NOTIFY THE HOSPITAL ASAP, BECAUSE THIS MAY DELAY OR CANCEL THE SURGERY.

660 W. Southlake Blvd, # 100
Southlake, TX 76092



Telephone: 817-416-9731
Fax: 817-416-9751

ENT & Audiology Center of Southlake

Michael D. Bryan, M.D.

Diplomate of the American Board of Otolaryngology

Amy K. Mettman, M.D.

Otolaryngology-Head and Neck Surgery

What can I expect after endoscopic sinus surgery?

1. You may have bloody drainage from the nose. This could possibly trickle out the nose or down the back of your throat. The volume of drainage should be small.
2. Your nose may feel “stopped up.” Using Saline nasal spray (over the counter) will help. Use it as much as needed to help open the nose. Avoid sniffing forcefully; you may blow gently to help clean the nose.
3. You may have a low-grade fever for the first 48 hours after surgery.

What should I do if I have pain?

DO NOT use a medication that contains aspirin, ibuprofen, naproxyn or other anti-inflammatory medication. You may use a non-aspirin pain reliever such as Tylenol or Tempra, or a stronger pain medication may be prescribed by me; which you should use according to the directions on the label.

Will I have a dressing?

You may have a “drip pad,” (a piece of gauze secured with tape, under the nose to catch drainage). If so, the nurse will show you how to change this. It may be removed when the drainage is no longer running from the nose. You may have to resume using a drip pad if some minor drainage recurs.

When can I begin normal activities?

1. You can begin non-strenuous activities around home or work when you feel like doing so.
2. Generally, you will see me in the office prior to being cleared to resume full activities such as lifting, sports, running, etc.
3. You can, however, return to school or work prior to this follow up visit if you feel able to do so without needing to take narcotic pain relievers.
4. A return to school/work release can be faxed to you by calling the office prior to your follow up visit if you desire.

When should I call my doctor?

1. If you have a large amount of fresh blood draining from the nose (i.e. continuous bleeding).
2. If you have a fever of 101 degrees or greater, persisting more than 48 hours after surgery.
3. **If you become confused, have severe nausea or vomiting, and/or photophobic (bright lights cause discomfort or pain).**

660 W. Southlake Blvd, # 100
Southlake, TX 76092



Telephone: 817-416-9731
Fax: 817-416-9751