

ADVANCED ENT and ALLERGY



POST-OP INSTRUCTIONS FOR NASAL OR SINUS SURGERY

1. After discharge from the hospital, strenuous activity is to be avoided. This especially includes bending, lifting, working or full activity, until after your first postoperative visit, or until you have specific clearance from your doctor to do so. Legal decisions and risky activities (like driving) should not be done while strong pain medications are used.
2. For the first week following surgery, do not blow the nose, but rather sniff secretions into the throat and expectorate. Avoid smoke and other substances which might irritate the nose. Do not use Aspirin or Ibuprofen.
3. Use the medications you were given at the time of discharge, as directed. These may include an antibiotic to combat infection at the postoperative site and medications to alter nasal secretions. You will also be given a pain reliever. If you experience pain, which is not relieved by your pain medication, report this to your doctors. Sometimes a decongestant nasal spray is given after surgery to help keep the nasal passages open as swelling subsides. At the first postoperative visit, you will be advised whether any of these medications are to be continued for a longer period of time. Please inquire if there are medication questions.
4. If bleeding occurs from the nose, gently blow all clots from the nose and spray the nostrils with a decongestant nasal spray, if it has been prescribed. Rest in bed, with the head elevated on two pillows, and ice on the nose and cheeks. If bleeding persists or is heavy, call our office.
5. Call the office, 893-0159, for your follow-up visit as soon as possible after leaving the hospital to ensure that you will be seen when the doctor requests. Appropriate timing of follow-up visits is critical for success. It is likely you will be responsible for a co-pay or co-insurance on your return visit as dictated by your insurance company policy.
6. If surgery was performed to alter the outside shape of your nose, and you wear glasses, please ask the nurse in our office to show you how to tape them up in order to take the pressure off your nose.
7. Keep head elevated. Sleep on an extra pillow.
8. Change drip pad under nose as needed. (This pad is mainly for your convenience.)
9. Lightly apply ice to the nose as desired, but do not get the dressing (if present) wet.
10. Your doctor will instruct you concerning saline sniffs (see reverse side).
11. Do not use Aspirin or Ibuprofen for at least 10 days.

Indiana Locations

New Albany Location
108 W. Daisy Lane
New Albany, Indiana 47150
812-945-3557 • Fax 812-949-3599

Jeffersonville Location
301 Gordon Gutmann Blvd., Suite 402
Jeffersonville, Indiana 47130
812-945-3557 • 812-949-3599

Kentucky Locations

Dixie Location
6801 Dixie Highway, Suite 128
Louisville, Kentucky 40258
502-995-5525 • Fax 502-459-3717

Dupont Location
4004 Dupont Circle, Suite 220
Louisville, Kentucky 40207
502-995-5525 • Fax 502-213-3853

Poplar Level Location
3515 Poplar Level Road
Louisville, Kentucky 40213
502-995-5525 • Fax 502-459-3717

Kentucky Locations

Shelbyville Location
731 Hospital Drive, Suite 1
Shelbyville, Kentucky 40065
844-58-SINUS 844-587-4687 • Fax 502-213-3853

Bardstown Location
Flaget Medical Office Bldg A, Suite 105
4359 New Shepherdsville Rd.
Bardstown, Kentucky 40004
844-58-SINUS 844-587-4687

Brownsboro Crossing Location
Norton Medical Plaza II, Suite 200
9880 Angies Way
Louisville, Kentucky 40241
502-995-5525 • Fax 502-213-3853



INFORMED CONSENT FOR TONSILLECTOMY AND ADENOIDECTOMY

Date of Birth _____

The tonsils and adenoids are part of a ring of lymphoid tissue around the back of the nose and mouth. The adenoids are at the back of the nose. The reasons to remove these tissues are to remove the mouth. The adenoids are at the back of the nose. The reasons to remove these tissues are to remove improve airway and/or improve eustachian tube function. This is rarely an emergency operation; however, nose and throat problems. The chance of a serious complication is quite small. The operation is of

INDICATIONS INCLUDE:

of improved airway and/or eustachian tube function. In this case, there may be another reason for the

which are possible with any surgery, including this one.

tissue. This is not common. It is usually due to uncontrolled allergy problems.

simply be done to improve nasal airflow. The complication of hypernasal speech has been a rare tonsillectomy and adenoidectomy.

As a risk. Reactions to medicines can occur. We take all precautions possible. These reactions are be eliminated.

lications. They are themselves, rare. There can be other problems which develop which are unforeseen their discussion is not warranted. However, if you wish, the doctor will discuss them with you.

drug therapy, to the operation you are considering. However, these alternatives carry their own risks es of success. Therefore, the operation may provide the patient with the best chance of successful mlications.

discussed with me by my physician.

I, Guardian, or Responsible Party Relationship _____ Date _____

Date _____

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