



## IV SEDATION SINUPLASTY INSTRUCTIONS

We want you to be comfortable and prepared for your procedure. Please wear comfortable clothes but preferably wear a short-sleeved undershirt as this will make it easier for your anesthesiologist to access your IV. You must have someone to drive you to and from your procedure. They must remain in the office during your procedure. This is office policy.

### PROCEDURE PREPARATION

- If your procedure is scheduled with IV sedation in the afternoon, do not eat after 9:00 am. You may have water until noon only, then nothing at all until after the procedure.
- If your procedure is scheduled at 7:30 AM you must fast from midnight the night before.
- The first 20 minutes of your visit will be spent decongesting and numbing your nasal passages. You may have numbness in your throat as well, which can give you the sensation of difficulty swallowing and/or breathing. This is temporary.
- You will meet with the anesthesiologist to start your IV.

### PROCEDURE

- The lights will be turned down in the procedure room to create a calm environment. Music may be played if that is your preference.
- After the procedure you will remain with the anesthesiologist until you are awake and responding appropriately.

### WHAT TO EXPECT AFTER THE PROCEDURE

- Take your first dose of ibuprofen (400 mg is recommended) at home 4 hours after completion of your procedure and then repeat every 6 hours as needed, or alternative medication as directed by your physician.
- You can expect to have a headache, intermittent bleeding, congestion, and pressure in your nose after the procedure. This will gradually improve but can last for 2 weeks.
- On the day of the procedure, do your first rinse (we will provide you the initial supplies for rinsing) 2 hours after procedure completion and try to get at least 2-3 rinses in that day, continue to rinse 4-5 times per day until you are seen back in the office for follow up. Do not blow your nose at this point. You will need to get additional rinse materials from your local pharmacy.
- You are expected to have mild bleeding or small blood clots in the saline flush. If there is bleeding that does not stop with pressure after 15 minutes, please contact our office at 972-731-7654.
- You may resume oral allergy medications immediately. You can restart any allergy nasal sprays the second day after the procedure.



Ear, Nose & Throat Associates of Texas, PA

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Otolaryngology/Head and Neck Surgery

## BLEEDING

- Bright red to light red drainage from the nose is normal for 3-6 days following surgery. The outside gauze dressing needs to be changed when soiled or saturated. A 4 x 4 gauze pad folded in half over the nostrils, held in place with a strip of paper tape is sufficient. It can be normal to change the dressing 12-24 times over the first 24 hours. If the bleeding is more significant than this, the please use the following steps:
  1. Perform a vigorous saline rinse
  2. Gently blow your nose (to get the clots out)
  3. Spray 4 sprays of OTC Afrin Nasal Spray (or decongestant spray) in each nostril every 4 hours as needed
  4. Hold pressure (pinch entire nose closed, both sides) for 20 minutes

## FOLLOW-UP

- At that appointment, your physician will examine your nasal cavity with a scope to ensure normal healing of the nasal passages and clear any drainage from the nose and sinus cavities.
- During your recovery period please notify your physician for difficulty breathing, fever above 101 degrees, or persistent bleeding that does not resolve.
- Additional Instructions for you

## WHEN SHOULD I CONTACT MY DOCTOR'S OFFICE:

- Excessive, bright red bleeding that **DOES NOT** respond to the measures described above
- Double or blurred vision
- Decreased ability to move or close eyes, or eye pain
- Fever over 102 degrees Fahrenheit that **DOES NOT** respond to Tylenol or Motrin. The fever may go up and down but as long as it responds to Tylenol or Motrin, it is OK to monitor

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