



# Ear, Nose & Throat Consultants of North Mississippi

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## Nasal Endoscopy with Cautery

### Home Care Instructions

**Diet:** There are no diet restrictions following this surgery. We suggest clear fluids like juice and a light meal first. A normal diet may be eaten as tolerated.

**Activity:** There is no activity restrictions related to this surgery. However, the patient may be groggy from the anesthesia afterwards and balance can be affected. Monitor patient closely for 24 hours after anesthesia. You may return to school or work and all regular activities the day after surgery.

**What to Expect After Surgery:** Nasal stuffiness is common after surgery and is best treated with nasal saline. There may be specs of blood in the nasal discharge; this is normal. Do not blow your nose. You may experience pain that can be treated with Tylenol or Motrin. A mild fever after surgery is common. Take deep breaths (10 deep breaths every hour while awake) or blow bubbles. This breathing technique will usually quickly bring down this type of fever. Fever over 101.5 F should be reported to the doctor on call.

**Medications:** You may receive several prescriptions/over-the counter instructions including:

1. Medicated ointment (such as Vitamin A&D Ointment) twice a day for 1 week to help heal the nose
2. Use Tylenol or Motrin for breakthrough pain. (Do not give aspirin products.)
3. Saline nasal spray to reduce nasal stuffiness four to six times a day. A cool mist humidifier may help night time breathing.

**When to Call the Doctor:** Bleeding lasting more than 15 minutes. Fever higher than 101.5, not breathing well, uncontrolled pain or not urinating at least twice a day.

If you have any questions after surgery, you should call the ENT Clinic at 662-234-1337, Monday-Thursday (8:00 a.m. to 5:00 p.m.) and Friday (8:00 a.m. to 1:00 p.m.). After hours or on the weekends you can call the clinic and ask to speak to the ENT on call.

We look forward to a successful surgery and will help in any way possible to make your experience a positive one.