

- **DIET**- For the first 24 hours after surgery, you should only drink clear liquids. After 24 hours, you may resume eating any foods that you can swallow.
- **ACTIVITY**- Limit strenuous activity for the first few days after surgery. After you have begun to eat, you can gradually increase the amount of activity that you can do.
- **WHAT TO EXPECT**- *Common Problems*
 - **PAIN**- You should not experience much pain after these surgeries. One of the serious side effects that may occur after this surgery is a small hole in your throat or esophagus. If you suffer this problem, you may experience some chest pain. Your doctor should have prescribed pain medication for you. Most of the pain medicines used after surgery contain narcotics. While narcotics are very effective in controlling pain, they also have some side effects that limit their effectiveness. Nausea is a common side effect of narcotics. Some medicines, Mepergan for example, contain Phenergan that is used to control nausea. If you experience excessive nausea, you may want to try using Tylenol only for pain. If you experience persistent chest pain, **CALL YOUR DOCTOR!**
 - **NAUSEA AND VOMITING**- For the first twenty-four hours after your procedure, you will be recovering from general anesthesia. The most common problem that is encountered is nausea and vomiting. This is caused by a number of factors; the anesthetics used, and narcotics in the pain medicine that is being used. Avoiding narcotic pain medicines during this time will reduce the nausea and vomiting. If your physician has prescribed Phenergan for you, you should use this if you have problems. If you have had problems with nausea after a general anesthetic in the past, you may wish to use the Phenergan during this time to prevent nausea. If you cannot control the nausea or vomiting, you should **CALL YOUR DOCTOR!**
 - **FEVER**-Another problem that can occur in the immediate post-operative period is fever. Many patients experience a low-grade fever after general anesthesia. Fever that is higher than 102 degrees may be a sign of a serious problem such as pneumonia OR a hole in your throat or esophagus. If you are running a temperature above 102 degrees, you should **CALL YOUR DOCTOR!**
- You will return to our office between two and three weeks after the surgery. If all has gone according to plan, you will be released to normal activity. If you have any problems or questions at any time, please call us at The Sinus Center: **865-521-8050**