

POST-OP INSTRUCTIONS FOR SINUS AND NASAL SURGERY

Things to Do

- **Medications:** Take all of the antibiotic prescribed. Use your pain medication as needed.
Be sure to take these with food to reduce nausea. These may cause drowsiness, nausea or constipation. Do not take any additional Tylenol, as the pain medication typically prescribed contains Tylenol.
- **Nasal care:** Begin using over the counter nasal saline spray (i.e. Ocean spray) the day after surgery. Spray 2-3 sprays in both nostrils four to five times a day until seen in the office. This keeps the inside of the nose moist and helps loosen the dried blood clots and mucous crusts. Bleeding is expected for 3-4 days after surgery. You can change the nasal drip gauze as needed. If you are not bleeding, you do not need to wear one. You should clean the dried blood and secretions from the most outer part of your nostrils twice a day using a q-tip and hydrogen peroxide mixed with water 1:1. You may have packing or splints in your nose. Do not remove these. These will typically be removed at your first post-operative visit one week after surgery.
- **Diet:** Patients who have received general anesthesia may experience some nausea and occasionally, vomiting. It is preferable to eat a bland light meal or liquid diet on the first day after the surgery. A regular diet may be resume the next day. Drink plenty of fluids.
- **Activity:** Elevate your head at all times for the first 4-5 days after surgery, even when you are sleeping. You may shower and wash your hair. Make sure someone is home with you in case you feel drowsy or faint.
- **Follow-up:** You will need a follow-up appointment in the office usually 1 week after surgery. At this visit, the splints and packing will be removed if present. You will most likely undergo an endoscopic cleaning of you nose to remove some of the blood and

mucous in your nose. This will usually relieve a significant amount of your discomfort.

You may have periodic cleanings thereafter. Proper post-operative care is essential to prevent scar formation and allow normal healing.

Things NOT to Do:

- Do not blow your nose until your doctor says it is okay to do so.
- Do not bend your head down. Avoid lifting anything greater than 15 pounds. Avoid exercising until your doctor approves. Avoid straining with bowel movements. You may need a stool softener.
- Do not take any aspirin, ibuprofen products, including Motrin, Midol, Aleve, or Advil, or any other medications that may cause you to bleed easily for one week before and one week after surgery. If you are uncertain, contact your pharmacist or you may call the nurse.
- Do not take any sinus medications or nasal sprays, other than normal saline spray, after surgery until the doctor says it is okay.

It is normal to feel like you have a bad sinus infection after surgery due to the swelling from the surgery. You may have a headache, congestion, facial pressure, bloody-mucous drainage, muscle or rib aches, dry sore throat, cough, facial pain and ear pain. Full recovery may take several weeks.

Our office personnel and your doctor are eager to support you through this process. Please do not hesitate to call if you have any questions or problems. Call our office if you have excessive bleeding, fever greater than 102, excessive swelling, severe pain not relieved by pain medications, increased swelling around the eyes, neck stiffness or deep head pain, continued nausea or vomiting, visual changes, shortness of breath, or any other concerns.