

## **POST OPERATIVE INSTRUCTIONS FOR NASAL & SINUS SURGERY**

1. Avoid strenuous exertion and activities for the first two weeks after surgery.
2. Change the dressing (drip pad) under the nose as needed. Bleeding and nasal discharge generally subsides in 24 hours.
3. **Saline Rinse:** This will help the healing process. Rinse each nostril 5-7 times a day. (Neil Med Sinus Rinse) **THIS IS VERY IMPORTANT TO THE HEALING PROCESS AFTER SURGERY.** Occasionally, you will have packing material placed in your nose. If so, you will not begin rinsing until after your doctor removes the packing.
4. Avoid blowing the nose for 14 days, sniff gently in instead and spit out any discharge.
5. If you have to cough or sneeze, keep your mouth open.
6. If possible, keep a vaporizer, either warm or cool mist in the bedroom for three weeks.
7. Intermittent bleeding will continue for 1-2 weeks after surgery, this is normal. If severe bleeding starts, use Afrin or neosynephrine sprays, and call our office if this persists beyond 20 Minutes.
8. Formation of crusts (from blood and mucous) are a normal part of the healing process. This will cause nasal congestion.
9. You will be breathing more comfortably after your first postoperative visit when your doctor will remove some of the crusts.
10. You cannot travel by plane for approximately 2 weeks.
11. You may return to work 4-5 days after surgery as long as you are comfortable and your work does not require straining or heavy lifting.

### **MEDICINES**

1. **Pain Medication:** Do not take aspirin, Ibuprofen, Advil, Motrin, or Aleve 1 weeks prior to and 2 weeks after surgery. These medications can inhibit blood clotting. You may take Tylenol as needed, or you will be given a prescription for a stronger medication.
2. **Antibiotics:** These will be prescribed as necessary. Take them faithfully as written on the prescription.

IF ANY PROBLEMS ARISE, FEEL FREE TO CALL US.