



INSTRUCTIONS FOR CARE AFTER NASAL / SINUS SURGERY

The First Week

- Use salt water (saline) spray beginning 1 to 2 days every few hours to wash away any surgical debris, once your nose stops bleeding. Change the gauze bandage under your nose as needed. Discontinue when the drainage stops. You may bathe normally otherwise.
- Sleep with your upper body elevated to keep pressure off your head.
- Headache and sinus pain is normal. For pain, try to use mild non-aspirin pain reliever (Tylenol) or medication prescribed by your doctor. Discuss using any other medicines with your doctor.
- Additional medications prescribed by your doctor include antibiotics and saline rinse.
- Drink plenty of fluids to prevent dry mouth. A bedside humidifier may be helpful.
- To help control any bothersome nasal bleeding, an icepack can be applied over the nose and cheeks. Tilt your head forward while sitting up and breathe gently through your mouth. Do not snort blood through your nose as this will promote more bleeding. If bleeding continues, over-the-counter Afrin/Neosynephrine nasal spray (1-2 sprays in each nostril) may be used sparingly every 8 hours for 1-2 days.
- Take it easy and avoid bending, straining, and exercise for at least 1 week. No vigorous activity that will make your heart race is allowed until healing is complete, usually in about 2 weeks. Avoid any heavy lifting, such as anything more than 20 pounds.
- Severe diarrhea from antibiotic usage can be a sign of a serious medical problem. If this occurs, stop taking the antibiotic.
- It is normal to feel fatigued the first week

Important Tips:

- Cough and sneeze with your mouth open.
- Do not blow/rub/pick your nose during the first week. During that time, if you have congestion, sniff gently and spit into a tissue.
- Avoid ingesting hot, spicy foods and red liquids.
- Do not drink through a straw.

The First Few Weeks

- Most patients are back to work or school in 1 week.
- Expect some stuffiness and crusting for 3-6 weeks after surgery. Use a Netipot or heavier saline irrigation to rinse your nose.
- Your doctor may recommend that you use a nasal steroid spray 15-30 minutes after using the salt-water rinse if you're still having severe congestion.
- You may need multiple visits after surgery to clear out old blood and mucus. During these visits, any persistent inflammation or scar tissue will be removed after a topical anesthetic is sprayed into the nose. For your comfort, we recommend that you take a dose of your prescribed pain reliever immediately before these visits. You may need a ride to the first post-operative appointment.
- For a few weeks, you may have some thick discolored drainage from your nose. This occurs as the sinuses begin to clear themselves. This is normal and does not indicate an infection.

CALL THE OFFICE IF YOU HAVE:

- Fever greater than 101F
- Excessive bleeding (suggested by more than 1 pad per hour) which is not slowing down.
- Signs of an infection such as fever, yellow-green drainage, unrelieved headache, or increased pain.
- Visual problems, eye swelling, stiff neck, or heavy clear watery drainage from your nose.

*** CALL THE OFFICE to make an appointment in 1 to 2 weeks after surgery.**