

## Post-Operative Instructions after Sinus Surgery

1. You will likely have nasal congestion. Spraying saline into your nose will help break up congestion and clear any clots or mucus build up.
2. Change the drip pad dressing as often as needed. Some oozing of blood and mucus is expected for the first few days after surgery. In case of profuse nasal bleeding, apply ice to the bridge of the nose, pinch the nose just above the tip, lean your head forward, and hold in this position for 10 minutes. If this fails, try spraying 2-4 sprays of Afrin in the nasal cavity from which the bleeding is coming from and repeat the above steps. If bleeding persists despite these measures, contact our office.
3. Do not blow your nose until cleared to do so; this risks a nosebleed. Use open mouth sneezing.
4. No heavy lifting, no bending or stooping to lift, and no vigorous exercise until cleared by your surgeon (usually one to two weeks).
5. Obtain all medications and use as directed. Antibiotics are sometimes used in the initial post-operative period to prevent infection. Nasal saline spray or irrigation may be started immediately. Take pain medication as prescribed. It is OK to substitute Tylenol if the pain medication is too strong or causes nausea. It is important to stay well hydrated after surgery. Constipation is a common side effect of pain medications. Take a mild laxative if using the narcotic pain medicine. Avoid straining with bowel movements.
6. Take all of your routine medications as prescribed, unless instructed otherwise by your surgeon. Any medications which thin the blood should be avoided (e.g., aspirin, Advil, Motrin, ibuprofen, Excedrin, Aleve, Naproxen) for the first week after surgery.
7. There are no diet restrictions. Tobacco use is not recommended since nicotine decreases blood flow to the healing nasal tissues and can actually compromise wound healing.
8. Patients are usually seen back in the office the following week after surgery to clean the sinuses of blood clots, crusting, or any residual packing which may have been placed at the time of your procedure. Sinus debridement/cleaning is usually repeated once or twice more 2-3 weeks later.