NASAL AND SINUS SURGERY
POST OPERATIVE INSTRUCTIONS

• No heavy lifting or aerobic exercise for 2 weeks, otherwise normal diet and activity.
• No nose blowing for 1 week.
• Sneeze with mouth open.
• Take antibiotics until they are gone.[]Start day after surgery  [] 1 week prior and 1 week after surgery.
• If steroids are prescribed take them 1 week prior and 1 week after surgery.
• Use Afrin ONLY as needed for bleeding for 3-5 days.
• Use Saline nasal spray every 1-2 hours (while awake) for moisture and irrigation to prevent crusting.
• Rag or gauze soaked in ice water, apply to eyes and bridge of nose as tolerated for 24 hours.
• Pick up prescriptions, Afrin and Saline nasal spray the week before surgery.

WHAT TO EXPECT:

Congestion and Swelling
Post-operative swelling will cause congestion for 2-4 weeks. This may even change the appearance of the nose for a couple of months.

Bleeding and Drainage
There may be mild drainage with mild bleeding.
• Use Afrin for bleeding (2 sprays in each nostril, as needed)
• For a severe nosebleed, apply pressure for 15-20 minutes, ice packs and Afrin.
• If the bleeding does not stop, call the office.

Pain
There may be mild to moderate pain for 3-5 days.