

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.



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