

## *Postoperative Sinus and Nasal Surgery Instructions*

- Sleep with your head slightly elevated for 2-3 days.
- No heavy lifting or straining for 7 days.
- Do not blow your nose or sniff forcefully and sneeze with your mouth open if possible.
- It is OK to wipe your nose gently.
- It is normal to have mild bloody drainage for the first 24 to 48 hours.
- If the bleeding worsens or persists, sit up and spray your nose with Afrin or generic oxymetazoline, 2-3 sprays in each side.
- If the bleeding still does not stop, call your physician
- Starting the morning after surgery, unless you are instructed otherwise, wash your nose out with salt water twice a day per the instructions on the NASAL SALINE INSTRUCTION sheet. Continue this until you are told it is okay to stop. **THIS IS VERY IMPORTANT FOR PROPER HEALING.**
- Use your nasal steroid spray, if prescribed, twice a day after irrigating with salt water starting the day after surgery.
- Take your antibiotic or oral steroid pills if prescribed.
- Take pain medicine as needed. If the pain is mild, you may use Tylenol or generic acetamenophin. Avoid aspirin or other anti-inflammatory medications besides Tylenol due to the risk of bleeding.
- If you have any trouble with your vision or bruising or swelling around the eyes, call your physician.
- You will have either absorbable or removable packing in your nose. If it is removable, you will be given an appointment in the first day or two after surgery to have it removed. If it is absorbable it will either be absorbed on its own or be washed out with the salt water wash.
- If you have splints on the inside of your nose they will be removed by your doctor and an appointment will be made for you for this.

### ***For Questions:***

Call the office at **662-327-4432**.