



## CARE OF THE PATIENT FOLLOWING NASAL/SINUS SURGERY

### **Bleeding**

You can expect small amounts of dark, bloody mucoid drainage from the nose for the first week.

You should report profuse bright-red bleeding from the nose or mouth to the physician immediately.

### **Activity**

The patient should engage in only moderate activity. They should avoid exercising, bending, stooping, sports, weight lifting or lifting anything over five pounds until the physician has released them to do so.

Do not blow the nose.

Sneeze with the mouth open to avoid excess pressure on the nose.

### **Comfort**

The patient may sleep propped up at least 45 degrees if it helps.

A cool moisture vaporizer may aid in dry throat discomfort.

The patient may take the pain medication prescribed OR Tylenol.

Use sterile saline spray many times daily to keep the nose moist.

The patient may use Afrin® nose drops two times daily for only one week.

### **Problems**

You should report very watery, yellow or green drainage, bleeding, visual changes, fever over 100 degrees or unusual nasal, facial or head pain to the physician.

Please contact our office at 478-743-8953 if you have any questions or concerns.