



Please Read and Follow These Instructions for the Best Outcomes Following Your Nasal/Sinus Surgery!

What To Expect Following Surgery

Bleeding—A drip from the nose and into the back of the throat is normal for the first two days following surgery. For flowing blood (like a faucet), contact our office or the doctor on call, as noted below.

Nasal congestion, fullness, facial pain, headache and disrupted sleep are normal for the first week and are an expected part of the healing process. This situation will improve after we perform the first debridement in the clinic about one week following surgery.

Nasal Irrigations

Good postoperative irrigation on your part is essential to a successful outcome! Please start the irrigations the day after your surgery.

Instructions

Use the irrigation bottle/method mixed with a sterile saline solution at least three times per day (one bottle per nostril). Use distilled, bottled or boiled water tap to make up the saline solution according to the instructions.

Activity

Minimize your activities with only light activity for the first week following surgery. Walking is encouraged, as this activity promotes blood flow through your legs and helps prevent deep vein clots.

Listen to your body! If you feel tired over the first few days, you should rest.

No nose blowing, stooping, straining or heavy lifting > two bags of groceries.

Sneeze with your mouth open.

Sleeping with your head elevated will reduce bleeding from the nose.

If your doctor has prescribed you a CPAP machine, do not use it until your doctor says it is safe; sleep in a recliner chair with your head elevated in the meantime.

Medications

Resume your home medications, with the following exceptions:

Do not take any aspirin-containing product or blood thinners (Goody's, BC powder or Bayer aspirin) until told by your surgeon.

Do not take any intranasal medicines until told by your surgeon.

We have given you antibiotics to take for the next several weeks. Please take them as prescribed. Some antibiotics can cause stomach upset, sensitivity to the sun (including sunburns) and diarrhea. Please wear sun protection and take a daily probiotic while on the antibiotics.

Most patients don't experience significant pain following sinus surgery.

For mild-to-moderate pain, please use over-the-counter Tylenol (acetaminophen) as per the instructions on the bottle.

For severe pain, please take your pain medicine prescription as directed. Never drive a vehicle or operate machinery when taking prescription pain medication.

Driving

Do not drive within 24 hours of receiving anesthesia.

Do not drive while taking prescription pain medication.

Diet

Resume a healthy, balanced, normal diet as you feel up to it.

Follow-Up

You will have important follow-up appointments starting about one week following surgery.

You should take a prescription pain pill (with food) prior to the first follow-up visit in preparation for a clinic debridement.

If you do not have an appointment, please call the number below to schedule a visit.

Call our office or go to the emergency room immediately if you have any of the following:

- Any vision problems/changes
- Fever over 101 degrees
- Neck stiffness
- Heavy or prolonged bright-red bleeding from the nose

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