



CARE OF THE ADULT PATIENT FOLLOWING NASAL/SINUS SURGERY

Bleeding

Small amounts of dark, bloody mucoid drainage from the nose are expected for the first week.

Profuse bright red bleeding from the nose or mouth should be reported to the physician immediately. Afrin nose drops may be used if you experience any bright red bleeding.

Activity

The patient should engage in only moderate activity. They should avoid exercising, bending, stooping, sports, weight lifting, or lifting anything over 5 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.

Pain Management

- 1) If given a prescription for narcotic pain medication, you can alternate with Motrin 600mg every 3 hours.
- 2) If no narcotic is given, or if you prefer not to take the narcotic, you can alternate Tylenol 500mg with Motrin 600mg every 3 hours.

Comfort

- The patient may sleep propped up at least 45 degrees if it helps.
- A cool moisture vaporizer may aid in dry throat discomfort.
- Use sterile saline spray many times daily to keep the nose moist.

Problems

Very watery, yellow, or green drainage; bleeding; visual changes; fever over 100; unusual nasal, facial, or head pain should be reported to the physician.

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