



Post-operative Instructions Following Sinus Surgery (Adult)

Medications

- Alternate Tylenol (acetaminophen) 500mg and prescribed narcotic pain medication every 3 hours as needed for pain
- If no narcotic is given, or you prefer not to take the narcotic you can alternate Tylenol (acetaminophen) 500mg with Motrin 600mg every 3 hours.
- Resume all other medications unless otherwise noted.

Nasal Medications

- Starting the day after surgery, begin saline irrigations 4 times daily until follow up
- Start Flonase 2 sprays once daily the day after surgery

Activity

- The patient should engage in only moderate activity.
- Avoid strenuous activity, lifting anything over 5 pounds for 1 week.
- Avoid any activity that could potentially involve contact to the nose.
- If packing or stents are in place, leave in place until follow up.
- Sneeze with the mouth open to avoid excess pressure on the nose.
- Do NOT blow your nose.

Diet

- Advance diet as tolerated.
- It is importance to stay hydrated. Please ensure ample fluid intake following surgery.

Bleeding

- It is common to have bruising present around the nose and eyes following surgery.
- Small amounts of dark bloody nasal drainage is expected for the first week.
- Profuse bright red bleeding from nose or mouth should be reported to the physician immediately. Afrin nose drops may be used if you experience any bright red bleeding.

When to Call the Doctor

- Very watery, yellow, or green drainage
- Bleeding
- Fever higher than 101.5 orally
- Visual changes
- Unusual nasal, facial, or head pain

Please contact our office at [478-743-8953](tel:478-743-8953) if you have any questions or concerns.

Please attempt to contact our office first so that we may advise you appropriately. If for any reason, you are unable to reach our office or your surgeon in an emergency, please go to the nearest emergency room.