

Randal W. Swenson, M.D.
David K. Palmer, M.D.
John E. Butler, M.D.
Justin D. Gull, M.D.



Joshua G. Yorgason, M.D.
Wesley R. Brown, M.D.
Nancy J. Stevenson, PA-C
Kristin G. Hoopes, PA-C

Post Operative Instructions: Nasal/Sinus Surgery

You have elected to have nasal/sinus surgery. Here are a few things to remember after surgery:

-Don't blow your nose for one week after surgery. If you have splints in your nose no blowing until those are removed. You can sniff back (gently) and spit mucus out your mouth. If you have an external splint on your nose, that will be removed approximately one week after your surgery. The night of surgery please sleep with head elevated above heart. Sleep propped up on pillows or in a recliner.

-After sinus surgery you cannot fly for **two full weeks**. We ask that after any surgical procedure you do not travel for two weeks.

-Use nasal saline spray/gel **at least** three times a day following surgery. You can use it up to 6 times a day. Avoid using nasal steroid sprays (like Nasonex, Flonase, etc) for approximately 2 weeks after surgery, unless instructed otherwise.

-No bending, lifting, and/or straining for 7-10 days following your surgery. Do not lift over 10 lbs for 7-10 days following surgery.

-You have been provided with a list of medications to avoid **before and after** surgery. Make sure you read this list thoroughly; this is extremely important. Any questions on whether medications thin the blood then please call the office.

-Make sure your post operative appointments have been made. The scheduler will tell you when you need to be seen following your surgery.

-It is normal to have some bleeding/blood tinged mucous after surgery. Most bleeding from the nose will be the day of and the day after the procedure. If you are completely soaking your drip pad more than every 10 minutes call our office or the doctor on call. If you feel you are having excessive bleeding use 2-3 sprays of Afrin in both nostrils (even if bleeding from only one) and gently pinch nose just above nostril openings. You can repeat this process for a total of 3 times. Any bleeding that can't be controlled should be evaluated in the ER right away.

-Keep in mind it takes 2-3 days for all the swelling to fully set in. You will notice an increase in congestion/pressure and possibly pain at that point. It is the normal healing process. The more active you are the more swelling you will have.

-Our office does not phone out pain medications on weekends or after hours. If you are running out of meds please call before Friday to get a refill. Not all pain medications can be phoned out. If it is after hours you will be referred to the ER for pain medications. Instacare does not typically give pain medications.

-Most sinus surgeries will require a copayment for follow up appointments.

Thank you for allowing us to assist in your medical care. Please feel free to call the office at 801-268-4141 with any questions or concerns. For after hours you may reach our answering service at 801-263-4176.

Old Farm Professional Plaza
4000 South 700 East #10
Salt Lake City, UT 84107
(801)268-4141

TOSH Medical Towers
5770 South 250 East #285
Salt Lake City, UT 84107
(801)268-2822

Lone Peak Medical Campus
74 East 11800 South #360
Draper, UT 84020
(801)260-3687

Tooele Clinic
1929 North Aaron Drive #1
Tooele, UT 84074
(435)882-6448