



Post-Op Sinus Surgery

After sinus surgery, it is normal to experience bleeding and oozing from the nose for the first 24-48 hours. You can change the drip pad as needed and remove it when the bleeding stops. Keeping your head elevated on a couple pillows helps, as does keeping an ice pack over the nasal bridge/forehead for the first 24 hours. Call your doctor if you experience high-volume bleeding.

After the oozing stops, you can start gentle use of nasal saline mist (Ocean spray) 2-3 times per day in each nostril. If ointment was prescribed by your doctor, you can start it at this point.

After your first post-op visit, you can start nasal saline irrigation. Most people use a sinus irrigating kit (Neil-Med) or Nettie Pot. It is important to irrigate 2-3 times per day in each nostril so that your nasal and sinuses membranes can heal appropriately.

When mixing your nasal saline, use filtered or distilled water. Stand over a sink with your head bent forward. Insert the nozzle and aim it toward the eye on the same side. Use approximately 4 ounces on each side. While irrigating, let the solution come back out of your nose and mouth. Try not to swallow the fluid. When finished, lean forward to allow the fluid to drain out your nose. Do not be alarmed if some of the fluid does not come out until later.

If you were taking topical nasal steroid sprays such as Flonase, Nasonex, Nasocort, or Rhinocort prior to surgery, then you should generally restart them one week after surgery. Apply two sprays topical nasal steroid to each nasal passage after you are done irrigating.

Please schedule an appointment to see your doctor one week after surgery.