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Post Operative Nasal Surgery Instructions

I hope your day has gone well for you. Today you underwent a surgical procedure to your nose which may have included the turbinates and sinuses. This was completed under a local anesthetic. You will have received a regional nerve block so your nose will be numb for 4-6 hours. What you experience initially is discomfort due to the swelling inside the nose. Keeping the head elevated and using ice will help this. Most patients find adequate relief from Extra Strength Tylenol alternating with Ibuprofen. If this is not sufficient you may call the office for an evaluation the following day. Keeping the nose open is very important for healing. Sinus rinses and saline spray are very important. I recommend you use the rinse twice daily and the spray every 4 hours. You may sniff to clear secretions but typically we do not advise blowing the nose (until post-op visit) as bleeding may be increased. You will not have splints or packing so the nose can drain. It is important to keep the nose clear, but if excessive draining occurs you may use Afrin for up to 3 days. I recommend a low fat meal your first night and no strenuous exercise, bending or lifting (20 lb limit) for a week. After 1 week you may resume all activities including sports, exercise and swimming.

Supplies Needed

Neil Med Sinus Rinse and bottled water; Saline Nasal Spray such as Ocean or Ayr; Afrin nasal spray

Day 1 – Rest with head above heart. Ice nose 20 min on 20 min off. Alternate Tylenol and Ibuprofen for discomfort. Change mustache dressing as needed. Use Afrin with increased bleeding.

Day 2 – Begin Neil Med Sinus Rinse twice a day and saline spray 4 times a day. You may do extra rinses and spray if needed. Continue Neil Med Rinse and saline spray until 2nd post-op visit. May start Flonase for congestion.

Do not put anything in your nose other than sinus rinse. Do not pick or manipulate your nose.