

Post Op Instructions for Nasal/Sinus Surgery

Following nasal/sinus surgery breathing may be difficult because of swelling, blood clots, thick mucus or packing. Nasal stuffiness is expected and will be fairly substantial for the first week. After that, the nasal airway should improve over the next four to six weeks.

Nose Care:

1. **DO NOT** blow your nose until we see you at your post op appointment. If you have to sneeze, do so through your mouth. Your doctor will let you know when to return to the office for your follow up appointment.
2. Begin irrigating your nose with normal saline mist (Ayr or Ocean) twice a day starting one to two days following surgery. On day three or four begin nasal flush with **Sinus Rinse** one to two times daily. **Flush gently!!!**
3. Keep your head elevated as much as possible for the first 3-4 days after surgery (even while sleeping). This will decrease swelling discomfort.
4. If crusting develops at the opening of the nose you can clean this carefully using a Q-tip soaked in hydrogen peroxide. Keep humidity elevated at home, especially during the winter months. You may also use antibiotic ointment twice a day just inside your nostril to keep skin moist.
5. Avoid any hot or spicy foods and hot showers during your recovery period.

Problems:

1. Nasal stuffiness is expected and will be fairly substantial for the first week. The nasal airway should improve up to four weeks following the surgery.
2. For the first few days after surgery you can expect some degree of bloody drainage. This should improve each day, eventually turning pink in color. You will be given gauze to place under your nose. If the bleeding is profuse and you are changing the dressing more than every 15 minutes, it is bleeding too much. Call our office immediately or proceed to the ER.
3. Infection after nasal surgery is unusual but does occur. Take your antibiotics and pain medication as prescribed. Call our office if you have severe pain, redness, and increased swelling of the nose.
4. If you experience a salty taste in your mouth, change in vision or a fever of 101 or higher, call our office.

Limitations

1. No vigorous physical activity for the first **10-14 days** after your surgery. No bending, lifting, straining during the recovery period.
2. Recovery will be **approximately 7-10 days**. You may return to work when you feel ready, unless the work involves heavy manual labor. We will see you back for a post operative appointment in one week, unless directed otherwise by your doctor. Call our office to schedule this appointment when you get home after your surgery.