



## NASAL/SINUS SURGERY

### POST OPERATIVE INSTRUCTIONS

770-427-0368

#### WHAT TO EXPECT

- mild/moderate pain and swelling
- nasal bleeding
- nasal obstruction
- low grade fever
- upper teeth numbness (temporary)
- any material or suture placed in the nose is absorbable. Packing, gauze, or sponges are not used unless specifically directed by your surgeon.

#### SPECIAL INSTRUCTIONS

- Afrin nasal spray may be used to help control excessive nasal bleeding – spray in directly or saturate a cotton ball and place into the nostril. Do not use Afrin more than a few days.
- Begin to gently blow the nose 2 days after surgery.
- Begin using saline nasal 2 days after surgery as often as possible, at least 4 times per day. We recommend the NeilMed SinusRinse Kit available in our office or at most pharmacies.

#### MEDICATION

- Use Tylenol or prescribed pain medication as needed.

#### ACTIVITY

- Avoid strenuous activity for one week.

#### DIET

- No restrictions.

#### POST OP APPOINTMENT

- Usually one week after surgery.

#### WHEN TO CALL

- Call office during routine hours for questions, concerns, changes or refills of any medication. Make sure there is enough pain medication to avoid after hours calls.
- After hours calls should be limited to urgent problems such as excessive bleeding, pain, vision change or fever over 102 that does not respond to fluids and Tylenol.