



NASAL/SINUS SURGERY

POST OPERATIVE INSTRUCTIONS

704-868-8400

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 for more than a few days!
- You may gently blow your nose 7 days after surgery.
- Begin using saline nasal 1 day after surgery as often as possible, at least 4 times per day. We recommend the NeilMed Sinus Rinse Kit available in our office or at most pharmacies.

MEDICATION

- Use prescription pain medication or Acetaminophen as necessary.

ACTIVITY

- Avoid strenuous activity for one week.

DIET

- No restrictions.

POST OP APPOINTMENT

- Usually 1 week after surgery.

WHEN TO CALL

- Call the office during routine hours for questions, concerns, changes, or refills of any medication. Make sure there is enough pain medication to avoid after-hour 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 Acetaminophen.