

POST OPERATIVE SINUS SURGERY INSTRUCTIONS

PAIN: Some nasal pain and pressure is normal for up to 1-2 weeks after surgery. A sore throat from the breathing tube is also normal for 2-3 days after surgery. For pain use Extra-Strength *Tylenol* (Acetaminophen) since it is usually strong enough. If *Tylenol* is not strong enough use the pain killer you were prescribed. **DO NOT** use any "Aspirin-Type" (NSAID) pain killers for at least 3 weeks since they increase bleeding, and include *Advil, Aleve, Naprosyn, and Motrin* among others (so read the label first).

DIET: You may eat your regular diet and drink plenty of liquids.

ACTIVITY: Fatigue is normal for up to 2 weeks and most patients plan on taking 1 week off work. Regular walking and light activity are encouraged starting the day after surgery. Avoid strenuous physical activity including bending, straining, heavy lifting, or rigorous exercise for 2 weeks after surgery. Showering or bathing is permitted, but no swimming or submerging the head for 2 weeks. **DO NOT** blow your nose for at least 1 week after surgery. After 1 week you may begin to blow your nose **VERY** gently. If you feel the need to sneeze or cough, do not try to stop it, instead sneeze or cough with your mouth open. Gentle dabbing with tissue and gentle sniffing is ok but do not pick inside your nose.

BLEEDING: Mild bleeding and bloody drainage is normal for up to 2-3 weeks after surgery. A 4" x 4" gauze pad folded in half and taped under the nose works well to catch drainage and should be changed whenever soiled or saturated. If steady bleeding continues, tilt your head back slightly and breathe gently through the nose. If bleeding continues spray 3 sprays of *Afrin* (Oxymetazoline) into the nose. Nasal packing that slowly dissolves is left in place during the surgery and can cause an odor and thick brownish drainage as it dissolves 2-3 weeks after surgery. **DO NOT** use your steroid nasal spray (*Flonase, Nasocort, Nasonex, Rhinocort, or Veramyst*) for 4 weeks after surgery.

NASAL CARE:

- (1) Start **Decongestant Spray** (*Afrin* 3 sprays each side every 6 hours) as soon as you get home, continuing for 2 days after surgery, to reduce bleeding.
- (2) Start **Saline Spray** (*Ayr, Ocean, Simple Saline* 3 sprays each side every 1-2 hours) starting the day after surgery, continuing for 4 weeks after surgery, to keep the nose moist.
- (3) Start **Saline Rinses** (1 teaspoon of salt in 1 quart of warm water squirting gently into the nose using a soft rubber bulb syringe 3 times a day) starting 2 days after surgery, continuing for at least 4 weeks, to help clean out old blood clots and crusts.
- (4) Please make a **Follow-Up Appointment** for around 2 weeks after your surgery.

NOTIFY: our office immediately (643-9999) or go to the nearest Emergency Room (at Community Memorial Hospital if possible) if any of the following occurs:

- brisk bleeding continues despite using *Afrin* nasal spray
- you have a fever more than a day after surgery which is higher than 101 Fahrenheit
- constant clear watery or salty-tasting drainage occurs after the first week of surgery
- any double or blurred vision occurs or marked or increasing swelling around the eyes
- severe, worsening headache or neck stiffness develops
- you have any other serious concerns