



*For questions or emergency care, please contact us at 985-327-5905.*

## **POSTOPERATIVE INSTRUCTIONS**

### **Sinus and Nasal Surgery**

- Sleep with your head slightly elevated for 2-3 days.
- No heavy lifting or straining for 7 days.
- Do not blow your nose or sniff forcefully.
- Sneeze with your mouth open if possible.
- It is OK to wipe your nose gently.
- It is normal to have mild bloody drainage for the first 24 to 48 hours.
- If the bleeding worsens or persists, sit up and spray your nose with Afrin or generic oxymetazoline, 2-3 sprays in each side. If the bleeding still does not stop, call your physician.
- Starting the morning after surgery, unless you are instructed otherwise, wash your nose out with salt water at least twice a day. Saline can be purchased at your pharmacy. Continue this until your physician advises otherwise. ***THIS IS VERY IMPORTANT FOR PROPER HEALING.***
- Use your nasal steroid spray, if prescribed, twice a day after irrigating with salt water starting the day after surgery.
- Take your antibiotic or oral steroid pills if prescribed.
- Take pain medicine as needed. If the pain is mild, you may use acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) as directed on the package. Avoid aspirin. *Do not use additional Tylenol products while taking prescribed pain medication.*
- If you have any trouble with your vision or bruising or swelling around the eyes, call your physician.
- You will have absorbable packing in your nose. Use of the nasal saline will help dissolve this packing.

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