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POST OPERATIVE INSTRUCTIONS

NASAL AND SINUS SURGERY

- Expect nasal oozing of blood for 24-48 hours after your procedure. A nasal “mustache” dressing of rolled gauze and tape can be applied under your nose to catch the blood. It is normal to change this dressing many times in the first few days following surgery.
- You may use Afrin nasal spray twice daily for 3 days after surgery to reduce bleeding and congestion. If congestion persists longer than 3 days, you may use Sudafed.
- Use nasal saline spray (Ocean Spray, Ayr Spray, etc) 10-20 times per day beginning immediately after surgery. It is also helpful to use Neilmed 8oz sinus wash daily as soon as tolerated. These saline products help keep the membranes moist and help promote more rapid healing. They also help clean the nasal passage of clots and crusts to help with better nasal breathing.
- Avoid nose blowing and vigorous activity for 1 week. This helps reduce pain and bleeding.
- Sleep with your head elevated for several days after surgery to decrease swelling and bleeding.
- Take the prescribed pain medicine as needed. You will notice that the pain decreases after a few days and then you can transition to Tylenol or motrin. If taking narcotic pain medicine, purchase Colace OTC to reduce constipation.
- Ice compresses can be applied gently over the eyes for additional pain relief as needed.
- If you have packing placed in your nose, call 301-774-0074 to make an appointment the day after surgery to have it removed. If you have splints in your nose for septal surgery, your surgeon will instruct you when to follow up for splint removal. All patients will need a post op follow up 1 week after surgery.
- Call our office at any time if you experience profuse bleeding, fever and chills with temperature over 101°, loss of vision, or significant eye swelling.

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