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EAR SURGERY
FACIAL SKIN CANCER
MAXILLOFACIAL SURGERY
FACIAL PLASTIC SURGERY
OTOLARYNGOLOGY
ENDOSCOPIC SINUS SURGERY
HEAD AND NECK SURGERY
AUDIOLOGY AND HEARING AIDS

Nasal / Sinus Surgery Home Instructions

Instructions

- Do not use aspirin or NSAIDs (Motrin, Aleve, Advil, Ibuprofen).
- Avoid vigorous strenuous activities and bending for one week.
- Avoid hot showers and baths.
- DO NOT blow your nose.
- Keep head elevated for 2-3 days.
- Advance diet from clear liquids to regular as tolerated.
- Sneeze with mouth open.
- Use drip pad under nose as needed to catch drainage until bleeding stops.
- Take pain medicine and antibiotics as prescribed by your doctor.
- Use daily stool softener/laxative if taking prescription pain medications.
- Use nasal saline sprays for first week after surgery, thereafter use nasal saline irrigations if instructed to do so.
- Use nasal steroids starting one week post operatively if instructed to do so.
- Use saline gel on a Q-Tip in each nostril 3 times a day.
- Use antibiotic ointment on a Q-Tip in each nostril 3 times a day.
- Nothing in the nose until seen in the office.

What to Expect

- Minor bleeding for 2-3 days – will be blowing out bloody mucous for 2-3 weeks.
- If packing is in place, do not remove until instructed by your doctor.
- If the nose bleeds moderately to severely, use Afrin.
- If bleeding continues, contact the office.

Call Our Office For

- Bleeding that soaks a drip pad every 10 minutes or more often.
- Temperature over 101 degrees Fahrenheit.
- Any vision changes.

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