



SINUS SURGERY INSTRUCTIONS

1. Take Tylenol or the prescription you have been given for pain. If possible start *Afrin Nasal Spray* the evening of surgery and continue 1 spray each nostril twice a day for 3 days: then stop. This will help reduce the drainage after surgery. Also start *Nasal Saline/Salt Water* spray 3 times daily until your follow up visit.
2. DO **NOT** take aspirin or Ibuprofen products.
3. A certain amount of blood and/or blood tinged mucous is expected. Change the nasal drip pad as necessary. The drainage will improve over the first 3 days.
4. A small degree of swelling of the external nose or the upper lip may occur. Applying a light ice pack (crushed ice in a baggie) to reduce the swelling.
5. Keeping the head elevated at 45 degrees day and night for the first week will help with swelling.
6. Apply *Vaseline* or *Chap Stick* to the lips if they get dry.
7. Soft or liquid diet if there is any nausea after anesthesia.
8. Gently clean the nostrils with a Q-tip and hydrogen peroxide twice a day as needed to remove crusting.
9. **Do not blow or wipe your nose.** Sneeze with mouth open. You may dab at the nostrils gently with a tissue.
10. You should not swim for at least 2 weeks and no scuba diving for at least two months.
11. Be sure to rest as much as possible for the first 5-7 days.
12. Avoid any bending and lifting anything heavier than a gallon of milk for the first week.
13. Report to your doctor if:
 - a. Excessive pain and/or swelling
 - b. Temperature over 101° F
 - c. Any injury to your nose
 - d. Excessive bleeding