

## **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 for several days. Change your dripper 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 is expected. Apply 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 your lips if they get dry.
7. Have a soft or liquid diet until you are over 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 two weeks; no scuba diving for at least two months.
11. Be sure to rest for the first 5-7 days as much as possible.
12. Avoid any bending and lifting anything heavier than a gallon of milk for the first week.
13. Report to the office if:
  - a. Excessive pain and/or swelling
  - b. Temperature over 101°
  - c. Any injury to your nose
  - d. Excessive bleeding