



POST-OPERATIVE INSTRUCTIONS

NASAL AND SINUS SURGERY

1. If you have splints or packing, it will be removed at your first post-op visit (1-8 days following surgery). At this visit, your nose will also be cleaned. You may want to take 1 to 2 of the prescribed pain pills ½ hour before your visit. Please note: you will need a ride home if you take the pain medication.
2. Begin irrigation of the nose immediately upon returning home (with or without splints or packing):
 - Mix 1 tsp. of non-iodized salt (kosher or sea salt) with 1 cup of clean water. If the solution burns, add 1 pinch of baking soda to each cup of water. If your town water is unreliable, buy distilled
 - Use a bulb syringe or nasal douche bottle to wash the nose two to three times a day. Do not use a spray bottle for this, as it is not forceful enough. If you bought a SaltAire bottle you may use that.
 - If your nose bleeds, continue the irrigation, but decrease the force used. Also, point the rinse bottle away from the nasal septum (the midline wall that separates the nostrils).
 - Use the right hand to irrigate the left nostril, and the left hand to irrigate the right.
3. What to expect – some or all of the following are normal:
 - Blocked nasal passages
 - Sinus headaches
 - Small amount of nasal bleeding
 - Yellow or green mucous discharge
4. The first week following surgery you may use Afrin 12-hour nasal spray SPARINGLY. Afrin nasal spray may be used SPARINGLY, no more than twice a day, for no more than 7 days post – op to control nasal bleeding and improve breathing. If there is some minor nasal bleeding, pinch the nose and lean your head slightly forward for 10 – 15 minutes. An ice pack to the nose may also help.

Please understand that use of Afrin outside of this context is not advised.



5. Diet: regular – avoid excessively hot liquids
6. Do not drive within 24 hours of surgery. Follow driving safety instructions of the prescription narcotic medication.
7. Please avoid:
 - Nose blowing, picking
 - Straining – If you become constipated, use a laxative.
 - Strenuous exercise, including contact sports
 - Crossing legs for first 24 hours
 - Weight lifting
 - Hot shower
 - Hot liquids (coffee, etc.).
 - Vigorous sexual activity.
 - Alcohol
 - Smoking
 - Plane flights or other altitude changes for 2 – 3 weeks.
8. Medications:
 - **Do not take:** aspirin, ibuprofen, Aleve, Midol, Motrin or any other non-steroidal anti-inflammatory medication for 2 weeks prior to surgery and 2 weeks following surgery.
 - Avoid Coumadin until informed otherwise by surgeon or primary care physician
 - You can use Tylenol or the narcotic medication prescribed for pain
 - An antibiotic may be prescribed
9. Call MD for unusual symptoms:
 - Nosebleed that doesn't stop
 - Headache that is more severe than before surgery
 - Fever of 101.0° F
 - Changes in mental status
 - Visual changes
10. Light exercise (walking, exercise bike) is acceptable. Eat well and drink plenty of fluids.

Call Cathy to Schedule your follow-up appointment
617-383-6846

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