



# Vernick & Gopal

*Ear, Nose and Throat Specialists*

## POST-OP NASAL AND SINUS SURGERY INSTRUCTIONS

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 water.
  - 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 spray to temporarily relieve nasal blockage. It may be used up to four times a day. If there is some minor nasal bleeding, pinch the nose, and lean your head forward slightly for 10 – 15 minutes. An ice pack to the nose may also help. Afrin nasal spray also decreases bleeding

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 (NSAID) 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**