**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.
* 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.
1. 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
1. The first week following surgery**, to control bleeding**, 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. 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 bridge of the nose is recommended for bleeding.

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

1. Diet: regular – avoid excessively hot liquids

1. Do not drive within 24 hours of surgery. Follow the driving safety instructions of the prescription narcotic medication.
2. 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.
1. 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
1. Call MD for unusual symptoms:
* Nosebleed that doesn’t stop
* Headache that is more severe than before surgery
* Fever of 101.0º F
* Changes in mental status
* Visual changes

1. Light exercise (walking, exercise bike) is acceptable. Eat well and drink plenty of fluids.

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