



# Sinus Surgery Post-Op Instructions

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## ***The First Few Days***

- Change the gauze bandage under your nose (if present) as needed. Discontinue when the drainage stops.
- Sleep with your upper body/head elevated to relieve pressure and prevent swelling.
- Use pain medication as directed by your doctor or mild non-aspirin pain relievers (Tylenol/Ibuprofen).  
*\*Do not drive or work while taking prescription pain medicine\**
- Drink plenty of fluids to prevent dry mouth. A bedside humidifier may be helpful.
- To help control any bothersome nasal bleeding, an icepack can be applied over the nose and cheeks. Tilt your head forward while sitting up and breathe gently through your nose. If bleeding continues, Afrin or Neosynephrine nasal decongestant spray (one or two sprays in each nostril) may be used sparingly every six to eight hours for one to two days.

## ***The First Few Weeks***

- Use salt water (saline) rinses beginning seven days after surgery to wash away any crust and surgical debris. Use the NeilMed® Saline Rinse with distilled water in the bottle to squirt the solution into your nose daily.
- For several weeks, you will have some thick discolored drainage from your nose. This occurs as the sinuses begin to clear themselves. This is normal and does not indicate an infection.
- Take it easy and avoid bending, straining and exercise for at least one week. No vigorous activity is allowed until healing is complete, usually in about two weeks.
- Severe diarrhea from antibiotic usage can be a sign of a serious medical problem. If this occurs, stop taking the antibiotic.

## ***Important Tips***

- Cough and sneeze with your mouth open.
- Do not blow your nose during the first week.
- Avoid hot, spicy foods.

## **CALL YOUR DOCTOR IF:**

- You are bleeding excessively.
- You have signs of an infection such as fever (102 °F), unrelieved headache or increased pain.
- You have decreased or double vision, swelling of the eyes, a stiff neck or extreme fatigue.