

## **NASAL/SINUS SURGERY HOME INSTRUCTIONS**

1. You may have some mild nasal swelling. Gauze squares (4 x 4s) moistened in ice water and placed over the eyes and upper cheek area may help reduce swelling, bleeding and discomfort in the first 48-72 hours after surgery.
  2. You can expect blood-tinged drainage from the nose for several days. Change the “moustache” dressing placed beneath the nose as often as needed, i.e. when dressing gets soaked or stained from bloody drainage or nasal mucous secretions. Bleeding can also be reduced by placing a piece of cotton soaked in Afrin nasal spray (an over the counter medication) gently into the affected nostril. Placing an ice pack on the nose can also help.
  3. Nostrils may be cleaned around the outside with hydrogen peroxide using cotton tipped applicators or Q-tips. Do not attempt to remove hardened crust from inside the nostrils. Vaseline or antibiotic ointment may be used to loosen dried crusts by applying inside the nostril 2-3 times daily.
  4. Your nose will be stuffy for a while. That is normal.
  5. Do not take aspirin, ibuprofen (Motrin, Advil) or naproxen (Alleve, Naprosyn) for 3 days after surgery as these medications can increase the likelihood of bleeding. Tylenol or pain medication prescribed by Dr. Davis may be used as needed.
  6. Avoid touching or bumping the nose or rolling on it while sleeping. Sleep with your head elevated on 2-3 pillows for the first few nights after surgery.
  7. Do not blow the nose for 2 weeks after surgery. Do not try to stop a sneeze; sneeze with the mouth open.
  8. Avoid hot showers for 3 days after surgery as this may promote bleeding
  9. Avoid vigorous physical activity or exercise that can cause bleeding or increase nasal swelling for 1-2 weeks.
  10. To help reduce the risk of bleeding, do not eat hot or spicy foods for the first three days after surgery
  11. Avoid smoking for at least 2 weeks postoperatively
- **1 Day after surgery, start NeilMed Sinus Rinse - 1 bottle on each side 3 times a day. Lean head forward while using your sinus rinse.**
  - **Report to Dr. Davis:**
    - ☞ Any excessive, increasing nasal pain not relieved by prescribed pain medication
    - ☞ Any fever greater than 100.5°F
    - ☞ Any injury to your nose
    - ☞ Active bleeding not controlled by the method discussed above

For any questions or problems, please call the office @ **310.372.0700**. For after-hours and weekends, one of Dr. Davis’ colleagues may be on-call and can help you.