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# Sinus Surgery

## Post-Operative Information

### WHAT TO EXPECT

- You may have some mild nasal swelling
- You can expect blood-tinged drainage from the nose for up to a week.
- We will place a “moustache” dressing beneath the nose
- Your nose will be stuffy for a while. That is normal
- You may have splints and gel placed in your nose. Splints are removed at the first postoperative visit and may cause discomfort and stuffiness while in place.
- You may experience discomfort sleeping for up to a week
- Most patients can resume normal exercise 1 week after the procedure

### CONTACT OUR OFFICE IF YOU EXPERIENCE

- Any excessive, increasing nasal pain not relieved by prescribed pain medication
- Any fever greater than 101.5°F
- Active bleeding that can not controlled.

### THINGS TO AVOID

- Touching or bumping the nose
- Nose blowing for at least 2 weeks
- Trying to stop a sneeze. Sneeze with the mouth open
- Hot showers and hot foods (temperature or spicy) for 2 days after the procedure as this may promote bleeding. Lukewarm is ok
- Vigorous physical activity or exercise that can cause bleeding
- Smoking for at least 2 weeks

### INSTRUCTIONS

- **1 Day after surgery, start NeilMed Sinus Rinse**
  - **Rinse 1 bottle in each nostril at least 3 times a day. (Lean head forward while using your sinus rinse)**
  - **See special instruction sheet for adding mupirocin and budesonide for morning and evening rinses. Salt only for additional rinses.**
  - **Continue rinsing until your follow up appointment.**
- 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.
- 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. This may need to be done every 20 minutes the day of surgery. 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 or a bag of frozen vegetables on the nose can also help.
- Outside of nostrils may be cleaned with hydrogen peroxide using 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.
- It is best to avoid aspirin for 1 week after surgery as these medications can increase the likelihood of bleeding. Check with us if you are on aspirin or other blood thinners for a medical reason.
- Sleeping with your head elevated on 2-3 pillows for the first few nights may be more comfortable.

**For any questions, please contact us by phone, text or email**