

SINUS SURGERY AND SEPTOPLASTY POST-OP INSTRUCTIONS:

1) Activity:

- Avoid nose blowing. If you need to sneeze, do so with your mouth open.
- No straining, exercise, or heavy lifting (more than 10lbs).
- Avoid bending forward.
- No smoking for 2 weeks after surgery. If you do smoke, this may be a good time to quit.

2) Dressings:

- You will want to wear a drip pad for the first 24-48 hours. Change this as needed, which may be as often as every 1-2 hours at first.
- It is normal to have blood clots, blood streaks, or pink drainage down the back of your throat for the first couple of days.
- If there are strings coming out of your nostrils, keep them taped to your upper lip. Avoid pulling them. Change the tape as needed.

3) Medications:

- Antibiotics: If prescribed by your physician, use as directed.
- Nasal saline: These are available over the counter and should be started the night of surgery or the following morning at the latest.
 - Nasal saline spray: 2 puffs to each nostril every hour while awake
 - Nasal saline rinse (NeilMed Sinus Rinse): use twice daily as directed in the kit
- Pain:
 - It is typical to feel pain and fullness around the eyes, cheeks and forehead for several days.
 - If you want to take a non-narcotic pain medication, you may take plain Tylenol (acetaminophen).
 - Do not take Tylenol simultaneously with the prescription pain medication, because most medications also contain Tylenol.

4) Sleep: Sleep with your head elevated to about 30-degrees. This can be done by placing three pillows under your head. If this is uncomfortable to your lower back, place another pillow under your hips or knees.

5) Diet: There are no restrictions with regards to diet.

6) Follow-up:

- You may already have your postoperative appointment scheduled, in which case, plan to keep it. It is helpful to have someone drive you to your first postoperative appointment.
- For any questions or concerns, or to confirm your appointment, please call our office.
- Please call our office, or go to the ER, if you are experiencing any emergencies including excess bleeding, eye bruising, eye swelling, vision loss, nausea or vomiting causing dehydration, inability to urinate, or other significant concerns.