

Postoperative Instructions for Nasal & Sinus Surgery

1. If prescribed, take antibiotics as ordered and take all the medication.
2. You should have a postop visit within one week of surgery
3. Breathing through your nose may be difficult because of swelling, blood clots, mucus, packing or splints. This will improve over the next four to six weeks as the tissue heals.
4. You will need to use saline nasal spray, three sprays in each nostril, once an hour (while awake) for one week, then six to eight times a day for *six* weeks. Bend forward slightly from the waist when using the spray.
5. Remember to keep the humidity level elevated in your home, especially during the winter months . this will make it easier and more comfortable for you to breathe. A cool mist humidifier (no vaporizers) will provide the necessary humidity levels.
6. You will need to clean your nostrils ,two times a day with a solution of half water, half hydrogen peroxide. Using a Q -tip" cotton swab, gently clean inside both nostrils and then apply antibiotic ointment (e.g., Bacitracin"). Do not insert swab any farther into your nostrils than the "fluffy" white part of the swab.
7. Do not blow your nose until told to do so by your surgeon.
8. Be sure to sneeze, with your mouth open and not through your nose.
9. Aspirin, aspirin-containing or aspirin-like products(e.g., ibuprofen, Advil; Motrin; Naprosyn; Aleve) should not be used for 2 weeks before and 2 weeks after your surgery as they cause bleeding to occur. You may take Tylenol or Extra-Strength Tylenol in the appropriate dose.
10. Avoid heavy lifting, exercise, housework ,yard work, strenuous activities and contact sports for 2 weeks after your surgery and until cleared to do so by your surgeon.
11. If constipated, take a laxative(e.g., Milk of Magnesia")or stool softener (e.g., Colace) and increase the fiber in your diet (e.g.,fruits, vegetables, salads). Avoid straining to move your bowels as doing so causes bleeding.
12. Avoid the following foods for one week, as they can cause postoperative bleeding: hot soups, hot foods or hot beverages and spicy foods or liquids.
13. Keep your head elevated, even in bed. This makes breathing easier after nasal surgery.
14. Do not pick nasal crusts from inside your nose as this often causes bleeding.