



Post-Operative Instructions For Nasal Septal Or Sinus Surgery

1. Call our office to confirm that a post-operative appointment has been scheduled for approximately a week after surgery.
2. Do not go out of town until after your first office visit 6-8 days after surgery.
3. To reduce swelling, sleep with an extra pillow and keep your head above the level of your heart.
4. For the first week, get periodic bed rest and avoid heavy lifting or straining. Please do not go swimming or do vigorous exercise for approximately 2 weeks.
5. Change the gauze dressing under your nose as necessary. Feel free to remove it if you prefer.
6. **DO NOT BLOW YOUR NOSE UNLESS YOUR SURGEON HAS SAID IT IS OKAY.**
7. Packing after sinus surgery is rarely required. However, if packing was used, please leave it in place.
8. It is often difficult to breathe through your nose for several weeks because of swelling. Thick post-nasal drip, crusting in the nasal airways, and numbness of upper teeth are normal.
9. For pain, take the medication that has been prescribed for you or Tylenol. **DO NOT TAKE ASPIRIN, MOTRIN (IBUPROFEN) or ADVIL.** An antibiotic may also be prescribed. Take these medications as directed. Do not drive while taking prescription pain medication. **IF YOU ARE ALLERGIC TO TYLENOL, PLEASE INFORM YOUR PHYSICIAN.**
10. Call your physician if any of the following should happen:
 - A fever develops above 102 degrees that does not come down with Tylenol or a room temperature bath
 - Any excessive prolonged bleeding is noted
 - Rash appears
11. Bloody discharge is normal for up to two weeks. Call if bright red, brisk bleeding occurs. If you look down at the floor and only have a few drips of blood, you are probably not actively bleeding.
12. If you have further questions, please do not hesitate to call our office.