



Sinus Surgery Postoperative Instructions

- At today's pre-op appointment, an antibiotic and steroid have been prescribed for you and will be available for pick up at your pharmacy today. **Please inform the physician if you have any medication allergies as alternative medications may be prescribed.**
- You were also given a handwritten prescription for narcotic pain medication which you will have filled prior to surgery. Pain medication is to be taken as needed. Please note, narcotic pain medication will cause drowsiness and you should not drive or operate heavy machinery while taking the medication.
- Nasal/sinus saline irrigations are a vital step in prevention of post-operative crusting and scarring. You will start irrigations the day after surgery using the provided NeilMed Sinus Rinse 8oz bottle. **You will complete 2-3 irrigations daily** and 1 full irrigation bottle is 1 treatment and is split between nostrils. Please see reverse side for more thorough instructions regarding irrigations.
- For 1 week following your surgery, you are not to engage in any strenuous activity, heavy lifting, running, exercising or nose blowing.
- You may find a small stitch in your nose along the septum, or boney part of the nose. This is annoying, but essential during recovery and will dissolve on its own. Please do not pick at it or mess with it.
- A small amount of bleeding is expected during the post-operative period, especially when doing irrigations the first 1-4 days following surgery. If you experience **persistent**, severe bleeding, please call our office or seek immediate medical attention.
- During your first post-operative appointment, you will undergo what is called a debridement. While your nose will not be packed, there may be a dissolvable material placed during surgery to prevent scarring. The debridement will clean out that dissolvable material, along with any crusting which may have developed. This will not only continue to prevent scarring, but also prevent infection.
- The first post-operative appointment tends to be a bit uncomfortable due to tenderness and soreness in the nose and sinuses. You may take one of the narcotic pain pills prescribed 1 hour prior to your appointment if you have a ride.
- Please be sure to attend all post-operative appointments and stick to the prescribed regimen of not only medication and irrigations, but also recommended activity levels.

This educational material is designed for use by Physicians to assist in the physician-patient discussion. It is not intended for use as the primary basis for medical judgments or decisions and does not replace the personal consultation between physicians and their patients.

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