

After Surgery Instructions – Sinus Surgery

PAIN: Mild to moderate pain is to be expected and should improve over the next few days. For significant pain, use the prescribed pain medicines, but if only light pain use Tylenol. Avoid using NSAID's (Advil, Motrin, Ibuprofen, or Aleve). **DO NOT** use Aspirin, Bayer, Ecotrin, or other aspirin products. Throat discomfort from intubation is common after general anesthesia and should resolve within a few days. Ice, throat lozenges or gargles may soothe this discomfort.

DIET: Regular diet as tolerated. Drink plenty of fluids.

ACTIVITY: Light activity (rest at home, watch TV, read books, etc) for the first few days. Mild nose bleeding for 3-5 days is expected and therefore school / work is usually avoided for about one week. **Do NOT perform heavy activity, contact sports, or lift heavy objects (over 10 lbs) for the couple weeks after surgery.** These activities may result in nose bleeding. Plane travel is usually allowed after your first post-op visit.

NASAL: Start nasal irrigations after surgery using: **NeilMed Sinus Rinse™** about **4-5 rinses per day** for the next few weeks. Your nose may feel congested due to blood, crust, and mucus. **Do NOT blow your nose**, instead use the rinses to clean the nose. Sinus Rinse is over-the-counter and available in most stores (CVS, Walgreens, Target, Publix, etc). Mild nose bleeding (or blood to the throat) for the first few days is to be expected. Numbness of the palate and upper teeth is typical and will improve in days to weeks. You may resume prior nasal sprays.



POST-OP VISIT: The first visit is usually 7-10 days after surgery. At this time, the physician will clean your nasal cavity by removing dried blood and mucus crusting (called *endoscopic debridement*) to promote healing, prevent bacterial infection, and relieve congestion. It is suggested that you take a couple pain pills 30 minutes before your appointment. The more you used the Sinus Rinse irrigations, the less debridement will be needed in the clinic.

Contact the office (201-816-9800) . .

- *Fever over 102° F orally (<102 is frequent for the first few days after the surgery)*
- *Persistent bleeding (more than ¼ cup of bright red blood in about ½ hour)*
- *Persistent nausea and vomiting*
- *Severe pain not relieved by prescribed pain medicines*
- *Mental or visual changes (confusion, slurred speech, double-vision, visual loss)*
- ***If you experience difficulty breathing, shortness of breath, or severe bleeding, call 911 or go to the nearest emergency room.***