Postoperative Sinus and Nasal Surgery Instructions

- Sleep with your head slightly elevated for 2-3 days.
- No heavy lifting or straining for 7 days.
- Do not blow your nose or sniff forcefully.
- Sneeze with your mouth open if possible.
- It is OK to wipe your nose gently.
- It is normal to have mild bloody drainage for the first 24 to 72 hours.
- If the bleeding worsens or persists, sit up and spray your nose with Afrin or generic oxymetazoline, 2-3 sprays in each side.
- If nasal bleeding still does not stop, or if you have a constant drip of clear fluid from your nose, call your physician.
- Starting the morning after surgery, unless you are instructed otherwise, wash your nose out with salt water twice a day per the instructions on the NASAL SALINE INSTRUCTION sheet. Continue this until you are told it is okay to stop. THIS IS VERY IMPORTANT FOR PROPER HEALING AND WILL MAKE CLEANING AT YOUR FIRST POSTOP VISIT MUCH EASIER FOR YOU.
- Use your nasal steroid spray twice a day after irrigating with salt water.
- Take your antibiotic or oral steroid pills if prescribed.
- Take pain medicine as needed. If the pain is mild, you may use Tylenol or generic acetaminophen. Avoid aspirin or other anti-inflammatory medications. If you have excessive or persistent pain, call your physician.
- If you have any trouble with your vision or eye movement, or if you have bruising or swelling around the eyes, call your physician.
- If you have persistent fever over 100 degrees, call your physician.
- Your first appointment will be approximately two weeks after your surgery. In the unlikely event that you have a stent placed that needs to be removed, you will be given an appointment sooner.

For Questions or Emergency Care:
Call the office at 601-984-5160. You may need to speak with the doctor on-call.