

Nasal & Sinus Surgery

Postoperative Instructions

Special Instructions

- Start nasal saline (NeilMed® Sinus Rinse) the day after surgery. Use 3-5 times daily during the first week.
- Do not blow your nose the first week.
- Do not drive while taking narcotic pain medication.

Medication

- Use prescribed narcotic pain medication as directed. You may supplement with Motrin® as needed.
- Antibiotics will be prescribed if necessary.
- If you were previously taking aspirin or other blood-thinning agents, discuss with your surgeon when to restart them.

Activity

- Limited activity for one week. Do not lift more than 30 pounds.
- You may do some limited aerobic exercise as tolerated.

Diet

- No restrictions.

Postoperative Follow-up Appointment

- Usually one week after surgery. Call 636.441.3100 should you need to reschedule or confirm.
- It is often necessary to perform 2-3 sinus cavity cleanings following sinus surgery during these appointments.

What to Expect

- Minor bloody discharge from the nose is to be expected for up to one week after surgery. Should you experience a true nosebleed, lay in a reclined position, instill 2 sprays of Afrin® to each nare, and hold pressure for 10 minutes. Call the office at 636.441.3100 should it fail to resolve.
- Discomfort will gradually improve over the first week and should respond to pain medication.

When to Call

- Call the office at 636.441.3100 during routine hours for questions, concerns or medication refill requests. Please remember that pain medications will only be refilled during regular office hours.
- After-hours and weekend calls should be limited to urgent and emergent issues such as the following:
 - Excessive bleeding
 - Adverse reactions to prescribed medications, such as rash or vomiting
 - Fever >101.4° that does not respond to Tylenol® or Motrin®
- Should you choose or be instructed to go the ER for any reason, we ask that you go to either St. Joseph Hospital-Lake St. Louis or Barnes-Jewish St. Peters Hospital.