

Instructions for patients  
Sasal – sinus Surgery

You will gradually feel normal again after a few days. There is no need to stay in the bed.

You may eat anything you like, but make sure you drink adequate amounts of liquids.

You may do anything you feel like doing except physical straining and bending over.

Use a mild laxative if necessary to prevent constipation and straining.

Your nose may remain congested for at least a few days. You may blow your nose gently, but, avoid forceful nose blowing.

Old blood, crusts, mucous or bloody discharge may drain from your nose.

Use a moustache dressing if necessary.

You may shower but avoid prolonged hot showers.

Pieces of plastic may have been left in your nose to avoid scarring and adhesions.

These will be removed painlessly in the office. Make sure you understand the instructions regarding all medications prescribed.

You may use over the counter medications if necessary: Afrin for intolerable nasal blockage (Afrin should not be used for more than a few days), an antihistamine for sneezing and ocean spray for dryness.

Saline nasal irrigation with bulb syringe once or more per day helps clean the inside the nose (half a teaspoon of salt in a glassful of warm water).

If you experience any following symptoms, please contact my office:

Headache, chills, fever above 100, drainage of pus, facial swelling, increasing pain, bleeding, watery discharge even if mild, or any new symptoms that may appear.

If bleeding is fresh and severe, report to the nearest emergency room.

Additional instructions may be given to you verbally before discharge and on your first post-operative visit.

Do not hesitate to call my office with any questions or concerns.

If you have had sinus surgery, please take one dose of the prescribed pain medication around one hour prior to your first post-operative appointment, this will make the necessary office suctioning more tolerable, make sure you do not drive under the influence of narcotic medication

We wish you a smooth and speedy recovery