

After Sinus Surgery

- NO nose blowing x 10 days or until follow-up appointment
- NO bending, straining or lifting x 7 days
- Sleep with head on 2-3 pillows x 7 days
- Nasal saline spray 4 sprays bilateral nostrils every 2 hours while awake
- Bacitracin ointment, coat inside bilateral nostrils at night before bed
- You might feel some packing inside your nose; this is dissolvable packing which may fall out on its own before appointment, that's OK
- Expect bloody mucous drainage from nose for up to 10 days
- Normal diet, except no steamy food/drink
- May shower/bathe and gently wash outer nose
- Use nasal drip pad as needed for any drainage
- Follow up appointment as booked by the office