

## **Postoperative Instructions: Nasal & Sinus Surgery**

### Sleep

Sleep with your head elevated to about 30-degrees. This can be done by putting 3 pillows under your head. If this is uncomfortable for your low back, place another pillow under your hips or knees.

### Diet

There are no official restrictions but start with clear liquids and bland food.

### Activity

Avoid nose blowing, and if you need to sneeze, open your mouth.

No straining, exercise, or heavy lifting.

No smoking for 2 weeks postoperatively (this is a good time to try to quit!).

### Dressings

You will probably want to wear a drip pad for the first 24 to 48 hours. Change as needed, which may be as often as every 1-2 hours at first. It is also normal to have blood streaks or pink drainage down the back of the throat for the first couple days. If there are strings coming out of your nostrils, keep them taped to your upper lip, avoid pulling them, and change the tape as needed.

### Medications:

It is typical to feel fullness around the eyes and in your cheeks/forehead for several days, and you may take prescription as often as prescribed. If you want to take a non-narcotic pain medication instead, make sure it is plain Tylenol only. Do not dose the Tylenol simultaneously with the prescription pain medication, because most prescription pain medications also have Tylenol in them. (Tylenol is also sold as a generic, where the name is acetaminophen.)

Nasal saline: These are available over the counter and should be started the night of surgery, or the following morning at the latest. The regimen for you to use is checked below.

- o Nasal saline (e.g. Ocean) spray: 2 puffs to each nostril every hour while awake
- o Neilmed sinus rinse: use twice daily as directed in the kit

### Follow-up

Please call 312-695-8182 to schedule return appointment in 1 week. Call this number, or go to the ER, if you experience any emergencies which may include excess bleeding, fever >101, eye bruising, eye swelling, vision loss, inability to keep down liquids, inability to urinate, or any other significant concerns.