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## **Postoperative Instructions: Sinus Surgery**

1. It is common to be very congested and not be able to breathe through your nose after the surgery. Please do not blow your nose until cleared postoperatively.
2. Nasal saline irrigation is the single most important activity you can do to improve your postoperative course. This will help with the congestion and speed healing. Wash out the nose with buffered salt water at least 3 or 4 times a day.
3. You can buy an over-the-counter nasal irrigation setup. NeilMed® makes a nice system. However, if you would like to make up your own saline, the easy recipe is 1 cup warm distilled water, ½ teaspoon salt, 1/2 teaspoon baking soda.
4. Pain medicine is prescribed. You may need to take something for pain for up to a week.
5. To help prevent bleeding, avoid the use of aspirin, Motrin®, Advil®, ibuprofen, or any pain medicine except what are prescribed OR plain Tylenol®/acetaminophen.
6. Antibiotics and/or steroids may be prescribed either to be taken by mouth or delivered through nasal irrigation. If so, please take as directed and finish the prescription.
7. Postoperative heavy bleeding is avoided by limiting heavy physical activity until your postoperative visit 14 days after the surgery. There is gauze taped under your nose as you leave the hospital. You may expect to need this under you nose for several days for minor oozing.
8. Call the office if there is persistent bleeding or if there is bruising around the eyes.
9. Please call Great Hills ENT (512-258-2300) during business hours if there are any questions or concerns. After hours, please contact the Medical Exchange (512-458-1121) and ask for the ENT doctor on call covering Dr. Brown or Dr. Young.
10. Schedule a follow up for 7-14 days postoperatively.

Surgery Center: \_\_\_\_\_  
(Please take your surgery center brochure with you the day of surgery.)

Note: No Pre-op labs needed unless ordered at appointment.

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