

Post-Operative Instructions

Listed below are instructions for post-operative care. The doctor will review these instructions with you before your procedure. You may print a copy for your own reference.

POST-OPERATIVE NASAL SURGERY INSTRUCTIONS

For the first 2 weeks after surgery:

THE DO'S

- Sleep with your head up using 3 to 4 pillows.
- Avoid all products containing aspirin or ibuprofen.

THE DO NOT'S

- Do not blow your nose. Sniff up and spit out if necessary.
- Do not use your nose to sneeze. Open your mouth and sneeze.
- Do not do extreme exercise or exertion.
- Do not bend over for long periods of time.
- Do not drink alcohol.
- Do not eat or drink very hot foods and/or beverages.

IRRIGATION:

Make sure to follow these steps in the order specified.

1. Irrigate your nasal passages with a saline solution with bulb syringe 3 to 4 times a day. (Saline solution can be made by mixing 2 to 3 teaspoons of salt in a quart of water).
2. After 10 minutes use 2 to 3 squirts of saline antibiotic nasal spray* (as prescribed) in each nostril 3 to 4 times a day.
3. Use one squirt of Polysporin nasal ointment in each nostril after completing step 2.

MEDICATIONS:

1. Be sure to take your antibiotics as prescribed.
2. Take your pain medication as necessary (usually no more than 3 to 4 times a day).

NOTE:

Some bloody oozing from the nose is not unusual. This will get less each day. Any loss of smell or taste should return in a few weeks.