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Nasal/Sinus Surgery Post-Operative Instructions

- Use your prescriptions as instructed. You will be given antibiotics to prevent a sinus infection during the recovery period. Use the prescription pain medicine as needed. If you do not have much pain then you do not need to take the prescription pain medication. You may use Tylenol instead of the prescription for mild pain but do not combine Tylenol with the prescription pain medication because the prescription pain medication contains Tylenol. Do not drive while taking prescription pain medication.
- Do not use ibuprofen (such as advil or motrin) or aspirin because these may increase bleeding.
- Use nasal saline spray regularly, at least 4-5 times per day. This will help loosen dried blood and secretions in the nasal cavity. If you have nasal congestion it is usually because of build-up of dried blood and secretions. You may use the nasal saline spray and gently blow your nose to clear it if necessary. Do not vigorously blow or rub your nose.
- Use the gauze drip pad for the first 12-24 hours. Replace it as necessary.
- You may go back to light-duty work or school in 3-5 days. It is generally best if you go back at the point when you no longer need pain medication. You should avoid strenuous activity or heavy lifting for two weeks after surgery.
- It is normal to have mild bloody drainage for several days after surgery.
- It is normal to have increased mucus production for 1-2 weeks after surgery.
- You should continue taking any oral allergy medications that you were on before surgery.
- You should temporarily stop any topical nasal steroids (Nasonex, Flonase, Veramyst, Rhinocort, Nasacort, etc.) for one week after surgery and then go back to taking them.
- You should have a follow-up appointment within one week of surgery. Your ENT doctor may need to remove internal or external nasal splints and remove crusts and debris from the nasal cavity.
- Notify your ENT doctor if you experience any of the following:
 - Nausea or vomiting after surgery that lasts for more than 8 hours
 - Vision loss or double vision
 - Confusion or lethargy
 - Severe bleeding
 - Any concerns that are not addressed on this page
 - Office number is 972-253-4280