



Post Surgery Instructions

Do not blow your nose aggressively

You may gently blow your nose with both nostrils open at the same time. Do not block one side and blow through the other. Aggressive blowing will cause pressure to build in your sinus and lead to facial pain. Forceful blowing also increases your risk of having a serious nosebleed. You may sniff inward and swallow as much as you would like to.

Rinse your nose

You will need to rinse your nose 4 times a day with NeilMed saline rinses for the first 2 weeks after your procedure. We cannot overemphasize the importance of nasal rinsing. Rinsing will clean out the nasal cavity, help prevent scar tissue, decrease congestion and promote healing.

Take your medicine

Do not stop using any nasal sprays or allergy medication.

Prescriptions

You may have been prescribed antibiotics and pain medicine for after your procedure. Start the antibiotics the evening after the procedure and use the pain medication as needed. If you do not need the narcotic pain medication feel free to take Tylenol.

Do not take any blood thinning medication

Do not take blood thinning medications such as Aspirin, Motrin/Ibuprofen, Aleve, Excedrin, etc. Do not take supplements such as Fish Oil or Vitamin E for a minimum of two weeks and preferably only after we give you permission to do so at one of your follow-up visits.

Activities

You may resume normal activities including work and exercise when you are feeling better, except there is no heavy lifting for 2 weeks after surgery. Do not do any strenuous activity the day of the procedure (before and after) such as mowing your grass, cardio workouts, etc.

Drainage

A small amount of bloody nasal drainage is normal after this surgery. Drainage may flow from the front of the nose and down the back of the throat. You will have a nasal drip pad with gauze to catch drainage from the front of your nose. The dressing may need to be changed more frequently during the first few hours following surgery.

Helpful tips

- If you are experiencing any nasal bleeding you may squirt Afrin in the side that is bleeding. Do not use Afrin more than 3 times a day for 3 days.
- You may feel congested for several days. If you can tolerate Sudafed you may use it as needed.
- Sleep with your head elevated on 2-3 pillows for a couple of days, this will help keep swelling down.
- If you must sneeze, open your mouth and let the air leak out as much as you can.
- You may resume a regular diet immediately after the procedure.
- Avoid airplane travel for 2 weeks after the procedure.
- Make sure you have a follow up appointment scheduled for 1-2 weeks after the procedure with the Physician Assistant.