

Alliance ENT & Hearing Center

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Home Care Following Sinus Surgery

Activity:

- Rest today. Follow your anesthesia instructions.
- DO NOT BLOW YOUR NOSE, for 2-3 weeks.
- When you cough or sneeze, leave your mouth open to prevent excessive pressure on the eardrum.
- Do not smoke.
- Begin nasal saline irrigation tomorrow morning, irrigate three times a day.

Discomfort:

- Do not use aspirin or Ibuprofen products until approved by your surgeon.
- The amount of pain felt is different for each person.
- Take your pain medications as prescribed.
- You may have packing in place to aid in the healing process. DO NOT REMOVE THIS, unless your doctor has told you to.
- Drainage is expected for the first 12-24 hours.
- Wear the gauze sling as needed or dab your nose with tissue.
- You can expect a bloody, drippy nose for the first few days.

Diet:

- Follow your anesthesia instructions.

Notify your doctor immediately with any of the following:

1. Excessive nasal bleeding (more than two gauze pads in one hour or continuous bleeding)
 2. Any change in vision or other visual complaints.
 3. Severe pain not relieved by the prescribed medication.
 4. Fever above 101 degrees orally.
 5. Dislodging of any nasal packing (if placed at time of surgery).
- Call 414-727-0910 to schedule a post-op appointment to see your doctor in one week.

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