

ROUTINE CARE AFTER SINUS SURGERY

Nasal or sinus surgery is a general term that includes any procedure performed to correct a problem that stems from injury or disease related to these areas.

ACTIVITY

- keep your head propped up. Rest in a recliner or use extra pillows.
- Avoid lifting heavy objects, exercising and running.
- Avoid activity that puts extra pressure in your head such as bending, stooping, ext.
- You may resume sexual activity in 10 days.
- If packing starts to come out of your nose, cut off the loose packing.
- Expect some swelling or discoloration of your nose or eye area and a small amount of drainage from your nose can be expected.
- **DO NOT** blow your nose or rock your nose from side to side.
- Sneeze with your mouth open.
- If there is some bleeding, pinch your nose gently between your thumb and index finger. Pinch nose equally on both sides.
- Tape a gauze pad under your nose to absorb the drainage.
- You may have a bad taste in your mouth. Frequent oral hygiene is important.
- You may resume driving and return to work in one week.

MEDICATION

- You may take all your medication at home, as directed by your doctor.
- Take your prescription medications, if received, as ordered.

IMPORTANT NOTES

1. Have a **Responsible Person** stay with you today for your protection and safety.
2. Go directly home. Limit your activity for 24 hours. **NO** driving, sports, heavy work, heavy lifting, until your doctor gives you permission.
3. **Do not make important decisions or sign legal documents for 24 hours.**

DIET

- Begin with liquids (jello, soup, juice, toast).
- If you are not nauseated, start with a light diet. Do not drink alcoholic beverages, including beer, for 24 hours. Alcohol increases the effect of sedation.

Call your doctor if you have

1. Chills or fever over 101 degrees (by mouth).
2. Increased bleeding, nausea or vomiting, or trouble breathing.
3. Pain not helped with pain medication.

Schedule a return appointment in the office for 7-10 days.

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