

# Nasal and Sinus Surgery

## Postoperative Care Instructions:

**Drainage:** Bloody mucous drainage can be expected for up to one week after surgery. You may wish to tape a gauze bandage beneath your nose for a few days. You should not blow your nose immediately after surgery, as this may cause bleeding. After 3 days, you may blow your nose gently if necessary.

**Cleaning your nose:** Saline irrigations are the most effective way to clear the nose of mucous and dried blood. Beginning the day after surgery, the nose may be irrigated at least twice a day with a salt water solution, using a Neil med Sinus Rinse system or FLO rinse. Follow the manufacturer's instructions for the FLO/ Neil med Sinus Rinse system using half the bottle for each nostril.

**Pain:** Pain is usually mild and readily controlled by medication. Sleeping with the head elevated on at least two pillows helps to decrease pain and swelling. Do not take products containing aspirin or ibuprofen for the next week, as these may cause bleeding.

**Activity:** During the week following surgery, you should avoid heavy lifting, straining, and exercise that might cause nasal bleeding. These activities may be gradually resumed after two weeks, as tolerated. You may return to full activity after two weeks.

### When do I go to the Emergency department?

- Brisk, new bleeding that does not stop after fifteen minutes of sitting up and squeezing the nostrils together.
  - For significant bleed / or any bleeding that worries you, please call 000 and present to the nearest emergency department via ambulance.

**Healing:** Do not be alarmed if at first you have difficulty breathing through the nose. It typically takes 2 to 3 weeks for inflammation and swelling to subside. Subsequently, the nose may heal by crusting inside the nostrils that may require frequent manual evacuations by your surgeon.

An antibiotic has been prescribed for 7 days.

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