

Postop Nasal / Sinus Surgery Instructions

- Ensure that you have a follow-up appointment for 5 to 7 days after surgery. Call the office (403)270-8060 if you do not have an appointment booked.
- Continue to take all medications as prescribed before surgery (except nasal steroid sprays)
- DO NOT take ASA for at least 10 days after surgery (unless otherwise instructed if you have a heart condition)
- Avoid heavy lifting or strenuous activity for at least 2 weeks after surgery.
- You may fly after your first postoperative visit (5-7 days after surgery)
- You can shower and eat normally the day after surgery
- You may **gently** blow your nose after you rinse your nose following surgery
- Start using **Neilmed Sinus Rinse** at least 4 times per day the morning after surgery and **continue nasal rinses until instructed to decrease or discontinue (this may be several months of rinsing after surgery to ensure proper healing)**
- Sinuses can take up to 12 weeks to heal completely and scarring may occur if irrigation is not carried out and postoperative care is not taken
- If possible, place a cold air humidifier by your bedside

What is normal to expect after surgery?

- A little bleeding is normal following surgery, especially after irrigating
- Larger 'globs' / thicker mucous coming out of your nose which may continue for several weeks
- Nasal swelling / congestion and the feeling of having a 'cold'
- Feeling fatigued, tired, nauseated or an upset stomach is common in the first 3 or 4 days after surgery. This can be from anaesthetic, pain killers or antibiotics
- Tenderness / headaches in the nose, cheeks and forehead

Nasal congestion, or slight bleeding, may be reduced by spraying your nose with Otrivin or Dristan (2 sprays per nostril twice daily) **if needed**.

When should you call the office if you have concerns/ questions?

If you experience any of the following symptoms, call the office @ (403)270-8060

- High fever (taken with a thermometer) and/ or chills
- Severe facial pain or severe headaches
- Facial swelling and redness
- Eye swelling
- Heavy nose bleeds that do not clot or stop bleeding
- Any concerns or questions about your treatment