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POST OPERATIVE INSTRUCTIONS

NASAL SEPTAL and SINUS SURGERY

Please read and familiarize yourself with the information given below. By following the instructions carefully, you will assist in obtaining the best possible result from your surgery.

- Keep head elevated to decrease swelling. Put at least 2 pillows under your head.
- Place ice compresses gently over eyes for 24 hours.
- Expect a stuffy nose and dry mouth. You may take Sudafed 60 milligrams (over the counter) twice a day.
- Expect slight oozing from the nose for the next 12 to 24 hours. Change the drip pad under your nose as needed.
- Your diet has no restrictions.
- Avoid extreme physical activity. Obtain more rest than usual and avoid exertion, including athletic activities. Avoid bending over.
- Avoid blowing your nose.
- You may wash your face.
- Do not swim for 1 month.

CONTACT THE OFFICE IF:

- Profuse and excessive bleeding.
- Chills and fever accompanied by 101° or greater.

After surgery, it is usual to experience pressure across your nose, face and around the eyes. Excessive tearing or sometimes slightly bloody tears occur. This is caused usually by the packing that will block the tear ducts. "Stuffy" or congested ears are also to be expected. Soreness thru the chest, back and sometimes neck is caused by general anesthetic and will resolve.

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