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Post Procedure In Office Sinus Surgery Instructions

1. Do not blow your nose for 24 hours. After that, you may resume gentle nose blowing until your follow-up appointment. You may sniff inwards all you want.
2. If you have to sneeze, open your mouth and let the air leak out as much as you can.
3. If you accidentally blow your nose or sneeze you may get some air in your cheek or face. If this happens, you will notice some puffiness and crackling in your face. It is not serious and will resolve in a day or two. If you are concerned, call our office.
4. Rinse your nose 1-2 times a day with nasal saline rinses till your office follow up.
5. Sleep with your head elevated on 2-3 pillows for a couple of days to help keep swelling down. If you use CPAP, you cannot use it for one week after the procedure.
6. Use the prescription pain medication as need. If you do not need the narcotic pain medications, feel free to take Tylenol or ibuprofen.
7. You may resume all of your regular medications except for blood thinners and aspirin which we will discuss with you on an individual basis. If you take Vitamin E or fish oil supplements, do not resume them till 48 hours after the procedure.
8. You may go to work, resume driving, exercise, and other normal activities the day after the procedure.
9. You may resume a regular diet the evening after the procedure.
10. You should have an appointment scheduled for 1 week after the procedure.

Please feel free to call our office with any questions or concerns – 301-774-0074

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