



POST-op Sinus and Nasal Surgery Instruction Sheet

- Ensure that you have a follow-up appointment for 7-10 days after surgery for sinus surgery, or 3-4 weeks for septoplasty. Call the office (587)774-7744 if you do not have an appointment booked.
- Continue to take all medications as prescribed before surgery (except nasal steroid sprays)
- DO NOT take Aspirin 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 @ (587) 774-7744 or proceed to an emergency department for severe or life-threatening circumstances

- 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