



The First Few Days

- Change the gauze bandage under your nose (if present) as needed. Discontinue when the drainage stops.
- Sleep with your upper body elevated to keep pressure off of your head.
- Use pain medication as directed by your doctor or mild non-aspirin pain relievers (Tylenol).
- ***DO NOT use any aspirin or aspirin products (advil, motrin, aleve, or ibuprofen) as well as herbal medicines/ diet pills, for 2 weeks before and 2 weeks after your procedure. ***
- Take any additional medications prescribed by your doctor.
- Drink plenty of fluids to prevent dry mouth. A bedside humidifier may be helpful.
- To help control any bothersome nasal bleeding, an icepack can be applied over the nose and cheeks. If bleeding continues, Afrin or Neosynephrine nasal decongestant spray (1-2 sprays in each nostril) may be used sparingly every 6 to 8 hours for 1-2 days.

The First Few Weeks

- Use salt water (saline) rinses beginning the day after surgery to wash away any crust and surgical debris. Use the Neil Med® Saline Rinse in the bottle to squirt the solution into your nose a few times a day.
- You will need several visits after surgery to clear out old blood and mucus. During these visits, any persistent inflammation or scar tissue will be removed after a topical anesthetic is sprayed into the nose. For your comfort, we recommend that you take a dose of your prescribed pain reliever immediately before these visits. (Do not take pain medications on an empty stomach). You will need a ride to the first post-operative appointment.
- For several weeks, you will have some thick discolored drainage from your nose. This occurs as the sinuses begin to clear themselves. This is normal and does not indicate an infection.
- Take it easy and avoid bending, straining, and exercise for at least 1 week. No vigorous activity is allowed until healing is complete, usually in about 2 weeks.
- Severe diarrhea from antibiotic usage can be a sign of a serious medical problem. If this occurs, stop taking the antibiotic.

Important Tips

- Cough and sneeze with your mouth open.

- Do not blow your nose during the first week. During that time, if you have congestion, sniff gently and spit into a tissue.
- Avoid hot, spicy foods. hot and spicy foods are known to increase nasal blood flow and oozing.
- Do not drink through a straw.

CALL YOUR DOCTOR IF:

- You are bleeding excessively.
- You have signs of an infection such as fever, yellow-green drainage, unrelieved headache, or increased pain.
- You have decreased or double vision, swelling of the eyes, a stiff neck, or extreme fatigue.
- You have clear watery drainage from your nose.