



After Your Sinus Surgery

The 6 weeks after sinus surgery are critical for your successful healing. Please adhere to these instructions as best as you can.

Nasal Drip Pad:

Your drip pad will be necessary for the first 48 hours and possibly a few days after that. If you experience heavy bleeding out of your nose after your surgery, please call our hospital immediately. Take a 4x4 sponge and fold it corner to corner and tape it to your face with non-latex tape available from a pharmacy.

Activities:

- Please keep your activities to a minimum for the first 48 hours after your surgery since you are at an increased risk for a severe nose bleed. Slowly increase your activities back to normal over the next few weeks.
- You will not feel like working for at least 2 weeks after the surgery
- Do not smoke during the first 6 weeks after sinus surgery

Medication (when you get home from surgery):

- Nasal Steroids (Flonase): Spray 2 sprays up each nostril once daily. Start this the day after surgery.
- Antibiotics (Keflex, Augmentin, Biaxin, Levaquin): Take course as prescribed
- Steroids (Prednisone): Take a tapering course of steroids as prescribed by your doctor. You will not sleep well and may hallucinate until you get down to 20mg a day. Diabetics should watch their sugars closely. Steroids are extremely important for proper healing. Bear with them.

Nasal Irrigation:

Start using nasal saline immediately after surgery every 2 hours while awake for the first 2 weeks. Thereafter irrigate a minimum of four times daily until your doctor tells you that you can go down to twice daily. You should irrigate your nose for at least 6 months after surgery since ciliary motility is impaired for that long after surgery and the irrigation is replacing the normal function of your nasal cell function.

For temperature more than 101 degrees or bleeding, please call the ENT Clinic during duty hours or visit the Emergency Room after duty hours.