
Sinus Surgery Post-Op Instructions

ENT of Athens

1. Do NOT blow your nose until cleared by your physician as this increases bleeding risk. If you have to sneeze, open your mouth and sneeze.
2. If present, leave the long black sutures coming out of your nose in place.
3. Wash your hands before irrigating your sinuses and after they come in contact with your nasal secretions.
4. Use saline nasal spray at least 4 times daily. You may use more often if needed.
5. Use sinus irrigation, such as Nell-Med sinus rinse bottle, twice daily starting the day after your surgery until your 1st postoperative visit. Use filtered or distilled water. Wash the irrigation bottle at least twice a week with hot, soapy water.
6. You may use a cool mist humidifier. Heat increases the risk of bleeding. Do not take hot showers or baths, rather cool or lukewarm.
7. Drink plenty of fluids. The more hydrated you are the thinner your secretions will be.
8. Take all antibiotics prescribed until the prescription is complete.
9. Take any prescribed oral steroids with food in the morning. Steroids may cause heartburn, increased appetite, anxiety, and difficulty sleeping. For concerns about side effects, call your physician.
10. Do not drive after taking narcotic pain medication. Pain medication may cause constipation. Take pain medication only as prescribed.
11. Call your surgeon 706-546-7908 with questions/concerns, or if you develop:
 - Bruising or swelling around your eyes or changes in your vision
 - Fever > 101
 - Excessive bleeding, saturating 4 or more drip pads in an hour
 - Rash or hives; this may signify a medication allergy
12. Call your surgeon IMMEDIATELY if you develop:
 - Stiff neck or eye pain when looking at lights
 - Severe headache unrelieved by pain medications
 - Clear, thin, watery fluid coming from your nose
 - Pus or foul smelling odor coming from your nose
 - Problems seeing, talking, or thinking clearly
 - Numbness in your face

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