

## SINUS AND NASAL SURGERY DISCHARGE INSTRUCTIONS

### FOLLOW UP CARE

- Stuffiness and congestion are normal for 2 weeks
- Scabbing and crusting inside the nose can last 4-8 weeks
- Bleeding from the nose is common. A nasal drip pad with gauze will be applied after surgery for comfort. Bleeding should decrease throughout the first day.
- You can blow your nose gently
- Sneeze with your mouth open
- If a follow up appointment was not made the day of surgery, please call the office to make one

### ACTIVITY

- Do not drive for 24 hours
- Avoid vigorous activity or heavy lifting for 2 weeks

### DIET

- Resume previous diet as tolerated

### MEDICATIONS

- Afrin nasal spray can be used 2 sprays, every hour as needed for HEAVY BLEEDING the first 24 hours. After 24 hours, Afrin nasal spray twice a day, ONLY as needed for bleeding for no more than 1 week
- Start irrigating 3-5 times a day with Neil Med Sinus Rinse or Saline nasal spray (as prescribed by your doctor) the day after surgery
- Prescription (s) will be sent with you. Use as directed.
- See PAIN CONTROL sheet for additional instructions.

### PROBLEMS TO WATCH FOR

- Fever over 101.4
- Heavy bleeding from the nose
- Nausea/Vomiting

Call your doctor with **ANY problems that concern you:** Phone # (843) 766-7103. If you need immediate attention, go to the nearest Emergency Department.

I have read, been read, and verbally repeated back instructions and understand them. A copy has been given to me.

\_\_\_\_\_  
Patient / Responsible Party

\_\_\_\_\_  
Nurse Signature

