



Post-Operative Nasal Surgery Instructions

1. You may resume a regular diet as tolerated.
2. You may shower normally.
3. Sleep with your head elevated for a couple of nights.
4. Use a lightweight ice pack over the nose and facial area to minimize congestion. Frozen peas work very well and can be refrozen.
5. No nose blowing until cleared by MD.
6. No lifting over 10 pounds, no strenuous activity or exercise x 1 week.
7. Start taking Motrin or Advil 2-3 days after your surgery instead of your prescription pain medication.
8. Start using nasal saline irrigations the day after your surgery every 2-4 hours. Do NOT tilt your head back. This rinse will help clear old bloody secretions from your nasal and sinus passages. We recommend Neil Med Saline Rinses **Bottle**- *Do NOT use a NetiPot*. Continue this until your follow-up appointment.
9. If you experience continued bleeding the first 1-2 days, then you may use Afrin (generic: oxymetazoline) nasal spray x 2 days only. Call the office should the bleeding persist beyond 2 days.
10. You may resume your blood thinner (Plavix, Xarelto, Ranexa, etc.) on _____ . ***
11. Do not resume allergy nasal spray medications (Flonase, Nasacort, etc.) until instructed at post-op appointment. It is fine to continue oral allergy medications.
12. You may resume other home medications as scheduled.
13. No travel for 10 days, unless otherwise specified by your surgeon.

Please note – old blood and mucus in the sinuses can appear thin and bloody and is not unexpected for several days after surgery. Using saline nasal irrigations can help clear these secretions.

Call the office for persistent bleeding, fever greater than 101, eye swelling, blurred vision or severe headaches.