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## Post Sinus Surgery Instructions

1. Bloody drainage from the nose is expected. Drainage from the front of the nose can be cared for with small gauze taped to the undersurface of the nose. This gauze sponge can be changed as needed and discontinued when appropriate.
2. If nasal packing is used, you will be instructed as to when this will be removed. There will be nasal obstruction as long as the pack is in place.
3. Avoid blowing the nose vigorously for two weeks postoperatively. During that time, blow the nose gently with neither nostril occluded.
4. Nasal cleaning with salt water is helpful. This cleans blood and crusts from the nasal cavity as well as keeping it moist. This is available over-the-counter in brand names, such as Ayr or Ocean Spray. This can be prepared at home by mixing one teaspoon of pickling salt and one-half teaspoon of baking soda to one pint of distilled water. This can be put in the nose with a bulb syringe or sniffing from your cupped hand. Do this several times a day.
5. Vaseline or antibiotic ointment (for example, Polysporin) at the nostrils will help prevent crusting and irritation in that area.
6. Avoid vigorous or strenuous activity for one to two weeks after surgery. Nasal bleeding could occur. Ask your surgeon if he has any specific instructions.
7. Your surgeon may prescribe the following:
  - A) Antibiotics as instructed.
  - B) Pain medicine as instructed. Tylenol for minor pain.
  - C) Resume your regular medications unless instructed differently.