

Postoperative Instructions – Nasal & Sinus Surgery

General

- Change the nasal drip pad as needed
- Numbness in the cheek, lips, nose, and teeth is common
- No smoking or alcohol
- No aspirin, ibuprofen, Motrin, or Advil.
 - Other blood thinners, such as Coumadin or Plavix, must also be discontinued, under the guidance of your primary care physician. Your doctor will advise you when you may resume taking these medications
- No herbal medication or teas.
 - Medications with an increased risk of bleeding include, but are not limited to Vitamin E, garlic, ginger, ginkgo, ginseng, kava, and St. John's Wort

Diet

- Advance slowly from liquids to soft, then solid foods. No restrictions on specific type of food or drink.
- Drink plenty of fluids
- No gum chewing

Activity

- Sleep with the head elevated for the first 48 hours, to help reduce swelling
- Do NOT blow nose
- Avoid sneezing. If unable to avoid sneezing, then sneeze with your mouth open
- Do NOT bend over or hang your head down
- No lifting, straining, or strenuous activity for at least 2 weeks

Hygiene

- Gently wash entrance of each nostril with full strength hydrogen peroxide on cotton-tip applicator three times a day, only for the first 2 days after surgery
- Place Bactroban ointment via a cotton-tip applicator in your nose three times a day
- If you've had oral incisions, rinse your mouth after every meal with 50-50 mix of water-hydrogen peroxide

Please contact your physician with any questions or concerns at 202-741-3250