

IN-OFFICE SINUS PROCEDURE



Postoperative Care Instructions

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IMMEDIATELY FOLLOWING SURGERY

- The topical anesthetics used during surgery can numb the throat making it feel like it's hard to swallow or you have something stuck in your throat. This usually goes away in 1-2 hours after surgery. Suck on ice chips or popsicles to help soothe the throat. Once the numbing sensation goes away, you may resume eating and drinking. Try not to clear your throat as this can make your throat sore.
- **PAIN/DISCOMFORT:** You may experience headaches or facial pressure/pain, soreness in the roof of your mouth, teeth, or throat. Take prescription pain medication or over-the-counter Tylenol as needed. Apply bags of frozen peas or ice packs to the face as needed for discomfort.
- **START AFRIN NASAL SPRAY** - Two sprays in each nostril 2-3 times from the time you get home until before bedtime. This will help to slow down any "oozing" or bleeding.
- **ACTIVE NOSEBLEED:** For active bleeding, moisten a cotton ball in the Afrin solution and place the cotton ball in the nostril that is bleeding. Apply pressure by pinching the nostrils and leave it in place for 15 minutes. Repeat as necessary until bleeding stops.
- **DO NOT** blow your nose for the next three days. You can sniff in, but no blowing the nose.
- Relax and rest! No strenuous exercise or activities tonight.

DAY AFTER SURGERY

- **Antibiotic and steroids** – If these were prescribed continue them as directed until finished.
- **START SINUS RINSES-** Using the SinuMed Cleansing System or Neil Med Rinse Kit, rinse 4-5 times a day for the first two weeks after the procedure then 1-2 times a day until your follow up appointment. Do these with distilled water. Regular saline spray can be used in between rinses.

(If you were prescribed a medicated sinus rinse that is made by a compounding pharmacy, you will do those irrigations twice a day and regular saline sinus rinse twice a day for two weeks.

- **AFRIN:** Two sprays in each nostril 2-3 times a day for 3 days to help with nasal congestion.
- **Nasal congestion** may be present for 10-21 days. You can use Flonase (fluticasone), Nasacort, allergy pills, or Sudafed (if you do not have high blood pressure). Try saline spray (Ayr, Ocean) throughout the day as needed. If these things do not help and you have severe congestion, call the office.
- Resume your normal activities if you are feeling well and not having any bleeding, but avoid weight lifting or strenuous exercise for the next 7 days.

ONE WEEK AFTER:

Re-start vitamins/supplements, aspirin, ibuprofen, etc. unless otherwise directed.

FOLLOW UP APPOINTMENT: _____ AM / PM

For medical questions or concerns during normal business hours, call 208-229-2368.

If you have any questions or concerns, call your physicians office: 208-229-2368