



### POST-OP INSTRUCTIONS FOR YOUR SINUSES

1. SALINE...Use saline every hour while you are awake, beginning the day after surgery. This is the single most important thing you can do for yourself after surgery. It will keep the nasal cavity moist and prevent crusting making post-op healing and treatment comfortable and easier for you. Please follow this step for at least 3 weeks or until otherwise directed by Doctor.
2. Please do NOT blow your nose at anytime after surgery, until directed to do so by the physician.
3. If you feel a sneeze coming on, please gently plug your nose and let it come out of your mouth.
4. Ice and sleeping upright are for the first post-op night only.
5. Please NO exercising, lifting or bending for at least 2 weeks after surgery.
6. Please keep all post-op appointments as directed by the physician. This is VERY IMPORTANT!!! You will need to have the nasal cavity cleaned out for comfort and healing reasons.
7. Pressure, pain, and congestion are normal post-op feelings, however if you have any questions or concerns, please call us! Expect to feel worse when the prednisone runs out (about the 5th or 6th day). This is a rebound from the steroid. Also, if you have thick black/bloody drainage, this is good. Your

sinuses are pushing out the old blood. Don't sniff too hard or snort. Let it drain on its own or sniff GENTLY.

**REFILL INSTRUCTIONS FOR SALINE SPRAYSALINE:**

Hold bottle upright and spray 2-3 times each nostril, sniffing gently. Repeat every hour. The more the better. Please purchase a bottle of saline today. When it is empty we suggest that you refill the saline bottle with contact lens SALINE. (Bausch & Lomb for Sensitive Eyes.) Refill by removing the clear top off the bottle of saline you purchase.

MY POST-SURGICAL INSTRUCTIONS HAVE BEEN REVIEWED AND EXPLAINED TO ME. I UNDERSTAND THESE INSTRUCTIONS AND ALL MY QUESTIONS WERE ANSWERED.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_