

POST OPERATIVE CARE FOR SINONASAL SURGERY

1. *Activity:* Rest and stay indoors especially for the first 48hrs. Restrict physical activity to a minimum including all types of sexual activity. Increased activity increases your blood pressure and that will increase your risk of postoperative bleeding. DO NOT remove any nasal stents or sutures or blow or pick your nose until or unless otherwise instructed to do so by your doctor. Sneeze and cough with your mouth open. Sleep upright 30 degrees from the horizontal for the first 24-36 hrs. If you use a CPAP machine don't use it until instructed to do so.
2. *Diet:* Within the first 24hrs if your stomach is upset stick to clear fruit juices and slowly progress to your usual diet as tolerated.
3. *Medication:* Usually the doctor will give you prescription strength pain medication and antibiotics. Use as instructed on the label. If you have any unusual reaction to medications please inform the medical offices. DO NOT use motrin or any other aspirin containing product until or unless instructed to do so by the doctor. Use of OTC Tylenol is permitted. Don't drive if you are taking narcotic pain medication
4. *Fevers:* It is not unusual to have low-grade fever postoperatively, however if it persists take Tylenol. If it does not resolve, call the medical offices.
5. *Post-op appointments:* Should be made as instructed by your doctor, however please call the office to confirm all post-op appointments.
6. *Bleeding:* There will be some bleeding and/or drainage from the nose postoperatively. This bleeding is usually intermittent and watery. It usually lasts for about 24-36 hours. If the bleeding is persistent please call the medical offices.

There are no silly or dumb questions. Please call the medical offices day or night if you have a question regarding your care.

**Medical office numbers:
909-599-6611**