

# Concord Otolaryngology

Head & Neck Surgery P.A.

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## Post-Operative Endoscopic Sinus Instructions

### What to Expect After Sinus Surgery:

**BLEEDING** – Blood-tinged nasal drainage after surgery is expected. This will steadily decrease over 1-3 days. If active, brisk bleeding develops, sit upright with your head tilted forward. Identify which side developed active dripping first. Spray the problem side with 2 sprays of Afrin decongestant spray. Replace the mustache dressing and observe for 10-15 minutes. **If brisk bleeding continues despite use of Afrin CALL the OFFICE at 603-224-2353.**

**PAIN** – Expect mild to moderate nasal and sinus pressure and pain for the first several days after surgery. A prescription for a postoperative pain medication will be provided. If you prefer trying a non-narcotic medication first, Tylenol may be utilized. Avoid Aspirin and NSAIDs such as Motrin, Advil or Aleve.

**NASAL CONGESTION** – Expect to experience nasal congestion and blockage for at least 7-10 days. You may experience a temporary disruption in your sense of smell, taste or both.

- **Patients of Dr. Daniell & Dr. Carwell** – Do **Not** irrigate or spray saline spray into the nose unless instructed by your doctor.
- **Patients of Dr. Reddy** – No irrigating or spraying of saline into the nose the first week after surgery. After your first office postoperative visit you will be given a Neil-Med starter kit and instructions to perform the irrigations 1-2 times per day until instructed by your doctor to stop.

**ACTIVITIES** – Avoid nose blowing for 7-10 days. Avoid straining or lifting objects greater than 20 lbs. or activities that elevate the heart rate and blood pressure. You can expect to return to work usually 1 week after surgery.

### **Call the office at 603-224-2353 if you experience one or a combination of the following:**

- Inability to control postoperative pain with prescribed medication
- Active, brisk bleeding despite use of Afrin
- Persistent vomiting
- Fever greater than 101°
- Headache, changes in vision, or stiff neck