

# Nasal & Sinus Surgery

## Instructions After Surgery

You have just had nasal and/or sinus surgery. The recovery period for this type of surgery varies widely, and has mostly to do with how much bone had to be removed or fractured during the surgery. You have been given a prescription for pain medication; please don't hesitate to use it - using pain medicine for a short time after surgery **WILL NOT** get you addicted!

**You have also been prescribed a nasal saline or salt water rinse** for your nose. Keeping the nose rinsed out while healing will make the recovery period much easier. Blood clots and mucous will be "rinsed away." **The lining of the nose and sinuses also heals much better when it is kept moist.**

Nasal packs or internal splints **MAY** have been placed in your nose to help with bleeding and healing. These are no doubt uncomfortable, and will feel much better after they are removed. Please remember to use the salt water rinses several times a day even if you have these packings - you cannot hurt the packing! If an external splint has been placed, try to keep it as dry as possible.

A nasal "mustache dressing" or drip-pad may have been placed. A little bit of nasal bleeding can be expected, you may replace or re-fashion a drip pad of your own for the first 24-36 hours. If bleeding gets more severe, don't hesitate to call or come back to the emergency room.

Also please **limit your physical exertion for 10 days after surgery**. Sneezing with the nose pinched or blowing the nose can also lead to problems.

### Key Reminders:

- Take the pain medicine if you have pain
- **Use the saline nasal rinse 3 or more times daily**
- **No nose blowing, closed-nose sneezing, or physical exertion for 10 days.**
- Don't forget the antibiotics if they were prescribed
- Facial bruising can be expected, however **if there is swelling of the eyeball or change in vision call or return immediately.**