

S.C.E.N.T.

Southern California Ear, Nose and Throat
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**Post-Operative Instructions for
Nasal/Sinus Surgery**

1. You will be given medication for pain and nausea.
2. Rest, elevating the head, using prescribed pain medicine. This will help ease the discomfort after surgery.
3. In general, activity should be limited for approximately two weeks after surgery.
4. Some drainage of blood or mucous is normal, especially during the first few days after surgery.
5. You may use a saline nasal spray (Ocean Spray) as often as you want, beginning the day after surgery to help reduce the amount of crusting in the nose and speed up healing. A humidifier may also be used at night.
6. It is normal for you to become more and more congested as the week progresses. You may blow your nose gently one side at a time starting the 5th (fifth) day after surgery. At your 2 (two) week post operative visit, your nose will be cleaned by the physician to remove scabs and post operative sinus crusting within the nose. There should be noticeable improvement in breathing once the nose has been cleaned.
7. Call the office **during normal office hours for routine** questions and medication refills.
8. Call at any time for problems such as excessive or continuous bleeding, excessive pain, high fever (over 101° for more than 12 hours that does not respond to Tylenol, increased fluid intake, or cool baths), or excessive nausea