

DISCHARGE INSTRUCTIONS FOR NASAL AND SINUS SURGERY

FOLLOWING SURGERY

For your safety: do not drive, take public transportation, operate machinery, drink alcohol, or make any legal decisions or business transactions for 24 hours after surgery. It is normal to feel dizzy and sleepy after surgery.

DIET

Start with liquids, if no nausea, resume normal diet.

ACTIVITY

Restrict activity today, light to normal activity tomorrow. Avoid strenuous activity for two weeks.

DRESSING CARE

Change drip pad under nose as necessary. It is not unusual to have to change the pad frequently the first day.

GENERAL INSTRUCTIONS

REPORT THE FOLLOWING TO YOUR DOCTOR IMMEDIATELY: Temperature of 101° or over, chills, excessive bleeding, swelling or drainage, progressive visual loss, double vision or eye swelling. It is normal to have light swelling, bruising and spotting on the dressing.

SPECIAL INSTRUCTIONS

1. Sneeze with the mouth open.
2. Do not blow the nose.
3. Sleep with head elevated on pillows.
4. Nasal drainage may increase for the first two to four hours following discharge.
5. If there is tape or plaster on the nose, be sure to keep it dry and to avoid displacing it.
6. Do not take any medication that contains aspirin, including ibuprofen products until after Post-OP day 3.