

ENT



New Mexico
Ear, Nose, & Throat
Specialists, P.C.

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*Specialties of the ear, nose and throat
Head and neck surgery*

Post-Operative Instructions for Patients Following Sinus/Nasal Surgery

1. The nose is a vascular organ: **LIMIT YOUR PHYSICAL ACTIVITY OR RISK GETTING A NOSE BLEED!** Do not lift anything heavier than your dinner plate for the first 3 days. Avoid any straining or coughing. Gradually increase your activity thereafter: No jogging or weight lifting for 3 weeks. No flying ideally for 6 weeks, but may resume after 3 weeks if absolutely necessary.
2. Bleeding from the nose is normal in the first 24–72 hours after surgery. You may need to change the gauze dressing under your nose up to every 10 to 15 minutes the first evening. If the gauze becomes saturated sooner, or you are spitting up bright red blood, call your doctor. The bleeding should taper off over the next 2 to 3 days, and it is not unusual for one side to ooze while the other is dry.
3. Take full course of antibiotics as prescribed. In some cases this may be as long as three weeks.
4. Take your pain medication on an “as needed” basis.
5. Do not blow your nose **OR RISK GETTING A NOSE BLEED!** You may sniff or dab, but you cannot blow. You will have packing in your nose for the first 24-48 hours. You will have plastic sheets in your nose that will stay a minimum of 7 days. Your nose will feel congested until everything is removed, and then your breathing should gradually improve.

6. Sleep in a “Lazy-Boy” recliner, if possible, the first night. Afterwards, sleep with your head elevated on 2 or 3 pillows. This will reduce your nasal congestion and lessen your chances of getting post-op headaches.
7. Drink plenty of fluids.
8. You may shower after 24 hours.

Instructions for Post-operative Bleed

BLEEDING IS SIGNIFICANT IF IT IS BRIGHT RED AND FLOWING, NOT JUST A SLIGHT DRIP!

1. Place your head back in a semi-recumbent position with an ice pack on your forehead.
2. Saturate a cotton ball in Neosynephrine Spray and place the cotton in the bleeding nostril if bleeding occurs after your doctor has removed your nasal packs.
3. Apply pressure by squeezing the nostrils together for 15 minutes.
4. If bleeding continues beyond 30 minutes after trying the above suggestions, call your doctor.



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