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Ears, Nose & Throat • Sinus, Allergy and • Sleep Apnea Specialist



Post-Operative Instructions Sinus and Nasal Surgery

Keep your head elevated above your heart while sleeping for the next 48 hours. The best is to sleep in a recliner at about 45 degrees.

Expect heavy oozing of blood from your nose for the next few days. Keep a drip pad in place for as long as needed. In the first day, it is not uncommon to change out the drip pad up to 7 times per hour.

Start irrigating with a Neil-Med bottle of saline solution as soon as you can comfortably. If it is too sensitive, then use saline spray mist to keep the passages moist.

Use narcotic pain medication sparingly as they may lead to an upset stomach and constipation. Use mostly acetaminophen for pain control as needed but never exceed 4000mg from all sources per 24 hours. You may also use ibuprofen in addition.

Avoid blowing your nose forcefully. Instead, irrigate over a sink and let drain. Sneeze through your mouth and not nose.

Avoid drinking through straws as they can cause a negative pressure that could lead to bleeding.

If you have stopped aspirin or a blood thinner prior to surgery, do not restart until after your first post-operative appointment.

For any questions, call our office at 850-889-4550. If it is after hours, you will have the option of being connected to an on-call physician. If it is an emergency, do not call our office, call 911 or go the ER.