



DISCHARGE INSTRUCTIONS FOR SINUS SURGERY AND SEPTOPLASTY

FOR THE FIRST 2 WEEKS OF RECOVERY:

1. Do not blow your nose. Sniffing gently is acceptable
2. Do not bend over from your waist.
3. Do not lift any object heavier than ten pounds.
4. Do not engage in any strenuous activity.
5. Do not drive for the first three to five days, when on pain medication
6. Do not attempt to remove any crust from the nose other than with irrigation.
7. If you sneeze, do so with your mouth open.
8. You will need to change the nasal drip pad several times during the first few days. Do not be alarmed if the pad is tinged with blood
9. Beginning the day after surgery, irrigate you nose four times per day. Make a solution of ½ teaspoon of pickling salt in 6 ounces of water and irrigate with a bulb syringe.
10. For the first three days only; place 2 squirts of Afrin into each nostril morning and night.
11. You may have splints in your nose that will make it difficult to breathe, use saline nasal spray (Ocean, Nasal, AYR, etc.) to help relieve your symptoms.
12. **REMEMBER TO TAKE YOUR ANTIBIOTICS AS PRESCRIBED.**
13. **REMEMBER YOUR FIRST POSTOPERATIVE APPOINTMENT.**

AT ANY TIME AFTER YOUR SURGERY:

1. Do not drive or operate any hazardous equipment while taking prescription pain reliever.
2. If any bleeding should occur, sit in an upright position and squeeze the soft part of your nose for ten minutes. If the bleeding does not cease, place several squirts 3-4 of Afrin into the bleeding nostril and hold direct pressure for 15 minutes, repeat this method 3 times. Ninety percent of the time, this will stop the nose bleed.
3. **IF THE BLEEDING PERSIST AFTER THESE DIRECTIONS, CALL THE OFFICE IMMEDIATELY (407-992-9229) OR GO TO THE EMERGENCY ROOM**
4. **If you experience any DOUBLE VISION or LOSS OF VISION contact the office immediately**

** Smoking will delay healing. If you must smoke, you must use the nasal saline spray more frequently.