

## Sinus Surgery Post Op Education



### Expect:

- Minor bleeding is expected up to one week
- Some Sinus and nasal pain
- Nasal congestion. A significant nasal congestion is expected if nasal splints are placed during the procedure

### Instructions

- Use Nasal Saline Spray hourly while awake
- Use the Sinus Rinse 4-6 times daily
- Apply Saline Gel or ointment as directed to help keep nose moist
- Afrin (Oxymetazoline) generously up to 5 days continuously for bleeding or congestion
  - Stop 1-2 days prior to using again
- Avoid blowing nose for one week
- Sneeze with mouth open
- Take any pain or antibiotic medication as prescribed
- May return to school or work next day if feeling well
- Follow-up in 1-2 weeks
- Other \_\_\_\_\_

### Examples of Products above



**Saline Spray**



**Sinus Rinse**



**Nasal Gel**



**Afrin/Oxymetazoline**