



POST-OP INSTRUCTIONS SINUS SURGERY

Thank you for choosing Gateway ENT for your procedure. Please know we are available to answer any questions or concerns. We look forward to seeing you at your follow up appointment after your procedure.

Concerns you may have after surgery and After Care

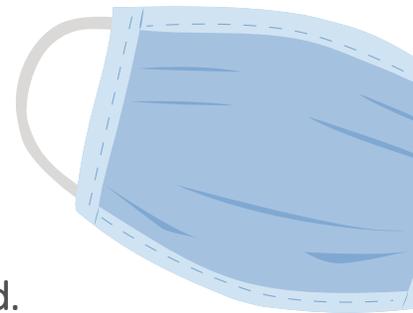
- Nasal congestion is normal.
- Mild bleeding from the nose is normal for the first 24 to 48 hours.
- No nose blowing until the time your doctor okays it.
- You may have packing or splints inside your nose. Do not remove these.

Diet and Activity

- Normal diet
- Sleep with your head elevated for the first 2 nights
- No strenuous activity or exercise for two weeks

Medications:

- Start saline sinus irrigations the day after surgery. Use at least 3-5 times daily.
- Prescription medications will be ordered. Use as directed.



Call 314-843-3828 or our exchange at 314-364-5288 for:

- Fever greater than 101
- Profuse bleeding from the nose
- Swelling around the eyes
- Severe headache not relieved by pain medications

If you have a medical emergency, go to the nearest emergency room or call 911.

