

SINUS CLOSURE POST OPERATIVE INSTRUCTIONS

Your surgery was in the sinus area and for this reason these instructions have been included with your other post-operative instructions for your proper healing and comfortable recovery. In order to decrease pressure in your nose and maxillary sinus area, and ultimately to prevent damage to your sinus repair, the following is recommended:

- 1) Do not blow you nose.
- 2) If you need to sneeze, open your mouth when you do to equalize pressure.
- 3) Do not use a straw to drink with for two weeks.
- 4) Take antibiotics prescribed as directed. Please finish all of these to ensure healing.
- 5) Take a decongestant (Ex. Sudafed) as directed.
- 6) Use a nasal decongestant spray as directed (Ex. Afrin nasal spray – 1 spray every 12 hours for 7 days)

Do not be alarmed if you have a nose bleed. If this does happen, sit back in a recliner and apply an ice pack (10 minutes on/10 minutes off) to the side of the nose that is bleeding. This should be done until the bleeding stops.

Any questions or concerns, please do not hesitate to contact our office.

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