



Endoscopic Sinus Surgery Postoperative Instructions

Diet	Regular diet and/or soft foods as tolerated. Stay well hydrated.
Activity	<ul style="list-style-type: none"> • No heavy lifting or strenuous exercise for 2 weeks. • Sleep with your head elevated. • A bedside humidifier is recommended. • You may shower the day after surgery and wash your hair, but avoid very hot water. • Do not blow your nose for 2 full weeks. • If you need to sneeze, keep your mouth open.
Expectations	Mild bloody drainage from the front of the nose is expected. Mild to moderate headache, facial pressure, and nasal congestion are also normal after surgery.
Medications	Use prescribed pain medication as directed. Tylenol may be used for mild pain or fever. Do not take Tylenol with Norco or Percocet.
Bleeding	<ol style="list-style-type: none"> 1. Spray each nostril with 2 sprays of Afrin or Neo-Syneprine (over the counter). 2. Pinch the soft part of the nose firmly for 5 minutes. 3. If bleeding persists, place a hand-rolled 1-inch cotton ball in each nostril and spray with Afrin every 5 minutes. 4. Replace the cotton balls every 1–2 hours or as needed. 5. Call the office if bleeding continues despite these measures.
Nasal Packing	Most patients do not require nasal packing. If needed, you will be notified.
Rinses	<p>Begin saline sinus rinses the day after surgery unless instructed otherwise. NeilMed® or a similar sinus rinse kit with distilled water is preferred.</p> <p>Rinse half the bottle through one side and half through the other. Bloody mucus drainage after rinsing is expected. Continue rinses for at least 3 months after surgery.</p>
Contact	Please contact our office with any questions or concerns: (404) 252-7368