

**ROCKLAND EAR NOSE AND THROAT ASSOCIATES, P.C.**  
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**POST-OPERATIVE INSTRUCTIONS FOR NASAL AND/OR SINUS SURGERY**

- I. You can expect some bloody drainage from the nose for the first 1-2 days after the surgery. Please just change the moustache dressing or drip-pad. This dressing may need to be changed every ½ hour or so.
- II. Please do not blow the nose for the first week after the surgery. This may cause severe bleeding.
- III. If you need to sneeze, do this with an open mouth to decrease the pressure in the nose area.
- IV. You can irrigate the nose gently with saline nasal solution, or 50:50 hydrogen peroxide and water, in a baby bulb syringe. This will help to prevent crusts from accumulating in the nose and will enhance your breathing. Saline can be used every 2 to 3 hours.
- V. You may resume a normal diet.
- VI. You should refrain from heavy exercise, lifting, bending or straining for a week after the surgery since these activities may also promote bleeding. Use a stool softener if needed.
- VII. Pain is expected for a few days after the surgery. Extra strength Tylenol is usually sufficient, but you may require a prescription strength pain reliever.
- VIII. Humidification is beneficial to keep the crusting at a minimum. If using a humidifier, make sure you adhere to strict cleaning procedures. You can carefully place an antibiotic ointment (Neosporin, Bacitracin, Polysporin) into the nose using a clean Q-tip, twice a day.
- IX. After 2-3 weeks, you may experience a thick brown drainage and large crusts from the nose. This is also normal and represents old blood and mucous and does not necessarily represent an infection.
- X. If there is persistent bleeding, temperature remaining above 101 degrees, clear watery discharge, vision changes, swelling in the eyes, worsening headache or stiff neck, please call the office.
- XI. You should plan on clearing your schedule for about a week post-operatively to allow your body to rest and heal properly.
- XII. Post-operative nasal debridements are a necessary part of the success of your sinus surgery and may need to occur every week for a few visits until the nose has healed completely. Please call to schedule those regular appointments (and bring the appropriate referral from the insurance company or primary doctor)
- XIII. If you have any other concerning symptoms or questions, please call the office so we can address your concerns at (845) 624-7368.