

KAISER PERMANENTE
DEPARTMENT OF HEAD AND NECK SURGERY

**Postoperative instructions for:
Sinus surgery**

Activity:

Avoid anything that will make your nose bleed more.
Do not lift heavy objects or do any strenuous activity for two weeks.
Sleep with your head elevated 30-45 degrees for about 3 days.
Do NOT blow your nose for two (2) weeks following surgery
If you sneeze, do so with your mouth widely open.
If available, use a room humidifier to provide moisture and comfort

Dressings/Packing:

Do not remove packing from inside your nose.
You will have some drainage and some bleeding or clots from your nose or down the back of your throat. It may be heavy for the first day or so.
Change the drip pad as often as necessary.
If a nasal splint is in place on the outside of your nose, do NOT remove it and keep it dry.

Pain Management:

Take medications as prescribed. An ice pack over the bridge of the nose will ease pain and reduce swelling. Remember to keep any splint applied to the outside of the nose dry.

Diet:

Return to a normal diet as tolerated. Fluids are more important than food for the first 24-48 hours. Small amounts of clear liquids taken frequently are best. Avoid dehydration. If nausea is severe or persists after 24 hours, call your physician. Avoid extremely hot foods and minimize chewing. Eating and sleeping will be difficult if both sides of your nose are packed.

Call your physician or an advice nurse if you have:

- 1 Severe pain or unrelieved nausea
- 2 Excessive bleeding or discharge
- 3 Elevated temperature (101 or above)
- 4 Signs of infection such as red streaking around the surgical site, swelling or foul smelling drainage.

(postopfess)