



INSTRUCTION SHEET NASAL OR SINUS SURGERY CARE

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Nasal or Sinus Surgery Care Instructions

- ▶ **Use 2 sprays of nasal saline spray (brands include Nasale, Ayr, Ocean, etc) every 2 hours the first day even if bloody drainage is present.**
- ▶ **Continue nasal saline spray every 4 hours while awake until your postoperative appointment.**
- ▶ **Light bloody drainage on the first or second day is OK.**
- ▶ **Replace nasal drip pad as often as needed (do not keep drip pad if no drainage).**
- ▶ **You may be aware of a stitch inside one nostril, which holds thin plastic sheets in place. DO NOT pull on this, it will be removed at your postoperative appointment.**
- ▶ **Gentle nose blowing is OK, DO NOT squeeze nose**
- ▶ **Use your Rx pain medication or plain Tylenol (acetaminophen) as needed.**
- ▶ **Avoid aspirin, Aleve, Motrin, Advil, ibuprofen or any other anti-inflammatory drugs for 10 days.**
- ▶ **If heavy continued bleeding should occur use 3-4 sprays of Afrin (over-the-counter) in each nostril then squeeze together both sides of lower, soft part of nose for 10 minutes (breathe through the mouth). You may repeat this every 10-15 minutes for 3 times. If heavy bleeding should persist call the Nurse Advice Unit (after hours), or the emergency room if after hours, a surgeon is on-call in the event of an emergency.**
- ▶ **Dr Cannon's office number (909) 862-1191 x 5471**
- ▶ **Nurse Advice Unit (909) 862-1191**