It is normal to feel **stuffy** and to actually **feel like you have a sinus infection** for the first 1-2 weeks. Most people start to feel better 2 weeks post-operative but scabbing and crusting may persist for 4-8 weeks. You may use **Afrin twice a day** for up to a week after surgery to help with congestion.

You will likely have some mild **bleeding** from the nose after surgery and you will be sent home with a **nasal drip pad** for that reason. Afrin may be used 2 sprays per hour every hour the night of the surgery as needed for bleeding. Reinforce the gauze dressing in the drip pad as needed (as it gets soaked with blood). Bleeding should decrease throughout the first day. If the gauze consistently needs to be changed three times per hour for 2 hours or more then call the on-call physician to discuss if further treatment is necessary. **Do not blow your nose forcefully** and **sneeze/cough with the mouth open** as these can increase the risk of bleeding. If you are a few days out from surgery and bleeding has subsided, you may blow your nose gently at that point.

You will be given instructions to **irrigate** the nose several times daily (3-5) starting the day after surgery with a Neil-Med Sinus Rinse bottle. This will help remove a lot of the crusting and scabbing inside your nose and gradually your breathing will improve. You may also use **nasal saline mist** if you like—with saline there is no such thing as too much!

You can start with clear liquids and **return to a normal diet** as soon as you feel like it. You should avoid driving for the first 24 hours after surgery and any time you are taking narcotic pain medication. You should avoid vigorous physical **activity** and heavy lifting for 2 weeks after surgery. Smoking impairs healing and should be avoided.

You will be given antibiotics, pain medications, and sometimes oral steroids to reduced inflammation. Do not take more than 8 tablets of narcotic pain medication (or 120cc if liquid was given) in a 24-hour period and do not combine it with Tylenol. It is OK to supplement the narcotic pain medications with Motrin as needed. Narcotic pain medication can cause constipation and an over-the-counter stool softener is a good idea to help prevent that.

You may **return to work 3-5 days after surgery** depending on how you feel. If you perform heavy physical labor and need a work excuse for lighter duty for 2 weeks we are happy to provide that.

It is common to have a **low-grade fever** in the days following surgery. Notify the doctor for fever if it persists above 102.5 F. Notify the doctor for excessive bleeding that is not controlled with Afrin and pressure, worsening headache, persistent clear fluid from the nose, or any changes in vision.

Nasal surgery is very effective at improving nasal breathing and to improve sinus drainage. Despite these improvements some patients continue to have nasal symptoms. These symptoms are more than likely due to allergic sensitivities. Even with successful surgery long term allergy treatment (nasal steroid sprays, antihistamines and perhaps even allergy shots) may be necessary to maximize patient improvement. These are important reasons to follow up over time so we can monitor your progress.

If arrangements for follow-up have not been made before you leave the surgery center today, please call the office you are usually seen in to make those arrangements.

West Ashley 766-7103  
Summerville 873-8733  
N. Mount Pleasant 654-7494  
St. Andrews Blvd 763-0543  
Moncks Corner 761-5690  
North Charleston 793-6500  
Goose Creek 329-0785  
Mount Pleasant 216-8774  
Walterboro 766-7103