

Sinus Surgery

Post-operatively, (unless packing is placed) you will breathe better through your nose for a few hours, then everything will swell up from the surgery and you will not be able to breathe well through the nose for about two weeks. This is normal, be patient.

There are no dietary restrictions. You are on a “see-food” diet. If you “see food” and want to eat it, then eat it! Things will probably taste funny simply because you can not breathe through your nose well and therefore you can not smell.

Work and activity: people respond to the anesthesia differently. Most people feel ‘out-of-it’ for 4-5 days. There are several limitations to physical activity: NO NOSE BLOWING. If you do, it may bleed, and packing will be required to stop the bleeding. Having your nose packed under any circumstance is uncomfortable. Having it done just after sinus surgery is miserable. You may “gently milk” the nose of secretions. The secretions are usually blood-tinged for 1-2 days. Only a drip-drip-drip of fresh blood should be cause for concern. Secondly, the wall between your nose and eye sockets is traumatized after surgery. You can literally blow air into your eye socket if you blow your nose within the first month. After one month, you may gently blow the nose. DO NOT pick/ clean your nose for the first two weeks. It may again bleed. Keep your head above the level of your heart (such as when tying your shoes) for the first two week again due to the bleeding risk. DO NOT do any sort of steam treatments until instructed. After your two week follow-up appointment, you should begin using an over-the-counter salt water spray 6-8 times every day. You may also resume using Vaseline rubs to your septum if you were doing this before to prevent nosebleeds. After the 6 week appointment, you will begin using a nasal steroid spray as directed. DO NOT do any aerobic activity OR lift anything heavier than a gallon of milk for the first two weeks after surgery, until cleared. Especially important: do not bend over to lift something, like groceries, laundry or children!

Typically, two weeks off of work/school suffices.. A note off from work/school will be provided at your post operative follow-up visit.

You will be given a prescription for a narcotic pain reliever. You should not drink alcohol or operate heavy machinery while on this medication. Sometimes an antibiotic is given post-operatively. If so, take it as instructed until finished.

Your follow-up appointment should have been scheduled prior to your surgery. It is usually 2 weeks after the surgery. If you unclear as to when your appointment is, please call Neyssa at our office for confirmation.

Questions? (585) 442-1110
