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Nasal and Sinus Surgery Post-Operative Instructions

Activity:

- Rest immediately following surgery.
- Gradually resume normal activities, starting with light activity.
- Avoid driving and operating heavy machinery for 24 hours post-anesthesia.
- Refrain from strenuous activity for a specified period.

Diet:

- Begin with clear liquids initially.
- Progress to a regular diet as tolerated, especially if nausea subsides.
- Avoid greasy and spicy foods.
- Follow any special diet instructions given.

Nasal Care:

- Maintain nasal moisture using saline solutions or steam.
- Clean the nasal area gently, avoiding sutures.
- Use prescribed nasal irrigation techniques.
- Manage nasal drainage and bleeding as directed.
- Avoid forcefully blowing your nose until cleared by your doctor.

Medications:

- Take prescribed pain medication as directed, with alternatives if needed.
- Use prescribed nasal sprays and antibiotics as directed.
- Avoid blood-thinning medications unless specifically approved.
- Consult your surgeon regarding other medication interactions.

General Care:

- Maintain proper hydration.
- Manage potential constipation from pain medication.
- Elevate your head while sleeping.
- Adhere to dietary guidelines, avoiding alcohol and tobacco.
- Restrict physical activity and heavy lifting.
- Avoid air travel for a specified time.

Post-Operative Expectations:

- Expect nasal congestion and altered senses of smell and taste.
- Understand the signs of potential infection and contact your surgeon if they occur.
- Attend all scheduled follow up appointments for cleaning and debridement.

NOTE: The patients will be given detailed discharge instructions according to the procedure undergone on the day of the surgery.