

**CARE OF THE NOSE AFTER SURGERY:**

- You will have some fatigue after surgery so **rest** for about five days.
- Expect a small amount of bleeding for two to three days, use **drip pad** as needed.
- You can use a few puffs of Afrin if there is any bleeding.
- Avoid blood thinning medications (i.e. aspirin, Motrin, ibuprofen, etc.)
- You may have antibiotics or pain medications to take.
- **Keep head elevated** for one week, use two to three pillows at night.
- **DO NOT BLOW NOSE**; if you sneeze leave your mouth open to avoid high nasal pressure
- Don't do activities that are strenuous, require bending or lifting, or dusty, or dirty.
- Use a nasal **saline spray** (ocean or Ayr) in the nose three times daily.
- Use a bit of Neosporin **ointment** or Vaseline or Ayr gel in the nose three times daily.
- **Arrange a follow up appointment** with our office within five to ten days and two to three weeks after surgery.
- You may have some crusting in the nose or sinuses removed at follow up (take a pain tab if you want to 30 min prior to the appointment).

**RISKS OF SURGERY:**

- Bleeding, infection, scarring of the sinus opening, recurrent sinus disease, anesthetic risks, need for further surgery.

**EXTREMELY RARE RISKS:**

- Numbness, spinal fluid leak, eye complications, or other unforeseen problems.

**CALL THE OFFICE IF YOU HAVE ANY  
PROBLEMS OR QUESTIONS: 830.629.5830**