

**Ear, Nose, & Throat Medical Associates, PA**  
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### **POST OPERATIVE SINUS SURGERY**

**Diet:** Resume your regular diet as tolerated

**Medication:**

**Pain:** Expect mild to moderate facial pain, congestion, and headache for several days. Prescriptions for pain attached. Common side effects include drowsiness, lightheadedness, itchiness, and stomach upset.

**Antibiotic:** Prescribed to decrease the chance of infection or clear up an existing one. Side effects may include rash, hives, facial or neck swelling. If any of these should occur, stop medication and call your doctor.

**Nasal Sinus Rinse:** Nasal irrigations can be purchased over the counter. It is used to decrease nasal crusting and prevent sinus blockage from old blood etc. Lean over a sink and flush the nose vigorously 3 to 4 times a day. Common brand names include AYR, Neil, or Pretz sinus rinse.

**Activity:** No heavy lifting, strenuous activity or bending for 10-14 days. **DO NOT blow nose for 2 weeks** after surgery (you may use a saline spray or decongestant for congestion). Sneeze or cough with mouth open to avoid bleeding and dislodging nasal packing if present.

**Surgical Site:** Return for a follow up visit as directed by your doctor. Expect to have bloody drainage from both your nose and mouth for a few days. This will decrease over a two week period.

**You can expect:**

- a. to feel congested
- b. discomfort, bruising, swelling around the nose or cheeks
- c. to have small amounts of blood clots coming from your nose, mouth or the back of your throat. (a small amount is a thimble full, a lot is a cup full)