

**MOST POST OPERATIVE PROBLEMS ARE BEST PREVENTED BY PROPER POST-OPERATIVE CARE. PLEASE FOLLOW THESE INSTRUCTIONS.....**

### **POST SINUS SURGERY CARE INSTRUCTIONS**

**Rest:** Limit your activity rest with your head elevated for the remainder of today. Treat yourself as if you have the flu.

**Medication:** The medicines prescribed by Dr. Miller are intended for your use; therefore, it is recommended that you take them as prescribed. We try to tailor your medications to ease your recovery with as few side effects as possible. Should you experience side effects or should you experience discomfort that is not relieved by your prescription, call us immediately.

**Bleeding:** Light bleeding is common and a little blood mixed with saliva can look like a lot of blood. Active bleeding where ropy clots develop in your mouth is not common, but can be controlled by direct pressure with a moist tea bag wrapped in gauze. Apply for 5 minutes without peeking. If bleeding persists after three repetitions call us immediately.

**Swelling:** It is common to experience some swelling following surgery. This can be minimized by the use of an ice pack applied for 15 minutes on, 15 minutes off for the first four to six hours. Should swelling persist you may use warm compresses after 24 hours.

**Nose Care:** You might have a slight nose bleed following the procedure, this is normal. Please avoid blowing your nose and sneezing if possible. Use Afrin nasal spray and Sudafed (over the counter) to keep nasal cavity as dry as possible.

**Rinsing/Spitting:** It is best to avoid vigorous rinsing for the first 24 hours following surgery. It is also best to avoid spitting and drinking through straws. This will discourage bleeding.

**Smoking/Alcohol:** Smoking inhibits healing and may cause failure of the surgical therapy especially if bone grafts were placed. Avoid excessive alcohol intake.

**Oral Hygiene:** It is extremely important to keep the mouth very clean after surgery. Unfortunately, aggressive cleaning during the first three weeks may interrupt healing, Dr. Miller has prescribed Peridex, a medicated mouthrinse, to keep the surgical area clean.

**Nutrition:** It is very important to maintain a proper diet following surgery. A common misconception is that patients should have a liquid diet. To the contrary, Dr. Miller recommends a hearty diet rich in protein such as soups, eggs, tuna, baked chicken and fish. You should be able to cut the food with a fork. If you are unable to eat solid food, Ensure is a recommended supplement. A good multi-vitamin is also suggested.

**Complications & Questions:** Although we certainly do not anticipate any problems, they occasionally arise. By all means call us if you have any questions so that little complications can be treated before they become major.