



**STEPHEN A. LANDERS, M.D.**  
*DIPLOMATE, AMERICAN BOARD OF OTOLARYNGOLOGY*  
*HEAD AND NECK SURGERY*

*PEDIATRIC AND ADULT*  
*EAR, NOSE & THROAT*

## **POSTOPERATIVE INSTRUCTIONS NASAL AND SINUS SURGERY**

1. Elevate the head at all times. Use two or three pillows when sleeping.
2. Do not remove packing or splints if present. You may need to breathe through your mouth for a short time.
3. A small amount of bleeding or blood-tinged secretions are not unusual for the first two days after surgery.
4. Do not blow your nose for at least one week from the day of surgery. Avoid heavy lifting or straining. These activities will increase the likelihood of nasal bleeding.
5. If you have to sneeze, please do it with your mouth opened wide to avoid excess pressure and bleeding from the nose.
6. Avoid products containing aspirin for at least two weeks from surgery. Aspirin increases the likelihood of nasal bleeding.
7. Change the drip pad as needed. You may clean the dried blood and secretions from the nostrils with peroxide and Q-tips.
8. When the nasal packs are removed, please use saline spray (Ocean, Ayr, NaSal, Sea Mist) 6 to 8 times a day to keep the mucosa moist and to help loosen crust formation.
9. If excessive bleeding occurs, try spraying the nose with NeoSynephrine or Afrin spray to constrict the vessels.
10. If antibiotics are prescribed, please take them as directed until they are all gone. You may take pain medication as needed.
11. If nasal packing is in place when discharged, please schedule an appointment to be seen in the office the following day. If the packing has been removed, please call as soon as possible to schedule a follow-up appointment for one week from the day of surgery.
12. Contact our office and report any:
  - excess pain
  - temperature above 101 degrees
  - excess bleeding
  - any injury to the nose