

POST-OPERATIVE CARE AFTER SINUS SURGERY

What should I expect?

- **Pain:** mild discomfort is expected after surgery within the first 10 days.
- **Bleeding:** small amounts of nose bleed is not uncommon in the first few days after surgery. Pinch the soft part of your nose and lean forward.
- **Blocked nose:** your nose may feel blocked for the first few weeks until the inflammation settles.
- **Discharge:** as the sinuses begin to clear themselves, you can expect to have some thick brown drainage from your nose. This is mucus and old blood and does NOT indicate an infection.

How should I care for my nose?

To ensure that your nose heals quickly and is kept clean.

You should start these treatments straight after your surgery.

- Flo irrigation wash – 200ml 4x per day
- Cheapest nasal decongestant spray, 3 sprays 3x per day in both nostrils, 7 days on, 7 days off
- Mometasone nasal spray, 2 sprays both nostrils, twice per day
- Antibiotics (prescribed by Anesthetist, take as instructed)

For the next 6 weeks:

- No nose blowing
- No heavy lifting or straining
- If constipated, use laxatives to ensure regular bowel motions

When should I worry? — go to your nearest Emergency Department if you have:

- Uncontrollable nosebleeds which do not stop after 30 minutes of pinching the lower half of your nose
- Changes in your vision
- Eye swelling
- Worsening head +/- neck stiffness