

SINUS SURGERY
POST-OPERATIVE INSTRUCTIONS

- Congestion can be expected after sinus surgery.
- It may be helpful to sleep with your head elevated after surgery.
- Do not blow your nose, your surgeon will tell when it is safe to blow your nose during your post operative visit (sniffing is okay).
- No heavy lifting, bending or strenuous activity following surgery.
- Spray each nostril with saline nasal spray at least 4 times a day.
- Use Afrin if needed for bleeding.