

# Metropolitan Ear, Nose and Throat Associates

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## ENDOSCOPIC SINUS SURGERY DISCHARGE INSTRUCTIONS

### Schedule a Follow Up Appointment in

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#### Activity:

- No exercise or strenuous activity for 10 days after surgery.
- No driving for 24 hours or while on pain medication.

#### Bathing:

- Regular showering and bathing is allowed.

#### Diet:

- No diet restrictions.
- No alcohol for 24 hours or while on pain medication.

#### Medication:

- Take pain medication and antibiotic (if needed) as directed.
- Tylenol extra strength may be used for minor pain, or supplement with pain pill for moderate pain.

#### Special Instructions:

- Saline irrigation twice a day starting the day after surgery.
- Use Saline Nasal Spray every 1 – 2 hours to keep inside nasal passages clean.
- You may **gently** blow nose after the “oozing” stops to help keep passages open.
- Do not use Ibuprofen or aspirin until approved by your doctor.
- No medicated nasal spray may be used until you are seen by your surgeon, or at least 7 – 10 days after surgery.

#### When to Notify the Physician:

- If you see constant bright red blood from the nose or mouth that lasts more than 5 minutes. (It is normal to have blood tinged mucous and spotting bleeds.)
- Fever above 101 degrees Fahrenheit that is not relieved by Tylenol.

Please call if you do not have a post-op appointment scheduled.