



Dr Stansifer - Sinus Surgery After Care

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You will experience nasal stuffiness and crusting for 1-4 weeks after surgery. Following these suggestions can help you prevent complications and recuperate more quickly.

First Few Days After Surgery

- Expect some bloody nasal drainage for 1-3 days after surgery
 - Sleep with your head elevated for the first 3 nights
 - Cough/sneeze with your mouth open
 - Drink plenty of fluids to prevent dry mouth - a bedside humidifier can help
 - Pain control
 - Plain Tylenol (acetaminophen) OR hydrocodone/acetaminophen every 6 hours as needed
 - Motrin (ibuprofen) 400-600 mg every 6-8 hours as needed
 - Apply mupirocin ointment inside both nostrils with q-tip twice daily for 7 days
 - Discontinue nasal sprays (fluticasone/azelastine) until directed otherwise
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- **Start nasal rinses the night of surgery or the following morning**
 - Do rinses with filtered or distilled warm water 3-4 times daily
 - Youtube "neilmed sinus rinse video" for instructions

The First Few Weeks After Surgery

- Take it easy and avoid bending, straining, and exercise for at least 7 days. No lifting above 15 pounds for 10 days.
- You will have some thick discolored drainage from your nose for the next 1-2 weeks. This is normal and typically does not indicate an infection
- You will need several visits after surgery to clear out old blood and mucus. Topical anesthetic is applied during these visits to make this more comfortable

