



Dr. Huang's Post-Sinus Surgery Instructions

Guidelines for Recovery After Nasal and Sinus Surgery

Items to Have at Home

Prepare the following items to help manage post-operative care and ensure a comfortable recovery:

- **NeilMed Sinus Rinse® Bottle:** For daily nasal irrigations after surgery.
- **Afrin® (Oxymetazoline) Spray:** Use **only** if you experience a nosebleed.
- **4x4 Gauze and Paper Tape:** To manage nasal drainage.
- **Acetaminophen (Tylenol®):** For pain control once you have stopped prescription pain medication. Can be used along with prescription pain medicine after surgery.

Activity Guidelines

- **Showering:** You may shower the evening after surgery.
- **Avoid Sneezing and Blowing Your Nose:** Refrain from blowing your nose for 2 weeks post-surgery. If you need to sneeze, do so with your mouth open.
- **Limit Physical Activity:** Avoid lifting anything over 10 pounds and strenuous activities for the first 2 weeks.
- **Encouraged Walking:** Light walking is beneficial to aid circulation and recovery.
- **Return to Work:** Most patients resume work in 5 to 7 days, though this varies by individual. Nasal congestion and blockage may impact comfort differently for each patient.

Dietary Recommendations

- **Normal Diet:** You may resume a normal diet as soon as you feel able.

Fever Management

- **Low-Grade Fever:** A mild fever (below 101°F) is common for 2–3 days post-surgery. Use acetaminophen (Tylenol®) as needed.
- **When to Call Your Physician:** If your fever persists beyond a few days or exceeds 101°F, please contact our office.

Pain Control

- **Mild Pain Relief:** Most patients experience mild pain or pressure rather than severe pain. Acetaminophen (Tylenol®) can be effective.
- **Stronger Pain Medication:** A prescription may be provided for immediate post-surgical pain. Hydrate well and take a stool softener as these medications may cause constipation.

- **Avoid NSAIDs:** Refrain from using aspirin, ibuprofen, naproxen, and other NSAIDs for one week following surgery, as they can increase bleeding risk. Can take Diclofenac if this was prescribed.
 - **Pain Monitoring:** Pain should decrease over time. If pain intensifies, call our office.
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Managing Nasal Drainage and Bleeding

- **Expected Drainage:** Bleeding is typical for the first 2-3 days after surgery and can sometimes even look alarming. To manage this, you may tape a gauze “mustache” dressing under the nose to catch drainage and avoid frequent wiping. If you do not have to change the dressing more than every 20-30 minutes, it is normal.
 - **Bleeding Precautions:**
 - Minor bleeding is expected and may appear as dark red or brown.
 - If bleeding is heavy or does not stop, try using Afrin® spray and keep your head elevated.
 - If bleeding continues or becomes excessive, contact our office immediately.
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Post-Surgery Nasal Care

Nasal Saline Irrigation (Essential for Recovery)

Nasal irrigation is crucial for clearing clots and mucus from the nasal passages and supports proper healing.

- **When to Start:** Begin irrigations the day after surgery.
- **Frequency:** Irrigate each nostril 2–3 times daily for the first month. For best results patients

How to Perform Nasal Irrigations

- **Prepare the Solution:**
 - Use 8 ounces of room-temperature distilled water. If using tap water, boil it first and allow it to cool.
 - Add ½ teaspoon of table salt and ½ teaspoon of baking soda, or use NeilMed® saline solution packets.
 - **Irrigation Technique:**
 - Fill the NeilMed Sinus Rinse® bottle with the solution.
 - Insert the tip gently into one nostril and squeeze, allowing the water to rinse through.
 - Use half of the bottle per nostril and avoid allowing the solution to go down your throat. Lean forward and hum to close the nose off from the throat.
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Follow-Up Appointment

Your follow-up appointment should be scheduled for 1–2 weeks after surgery. If it wasn't arranged beforehand, please contact our office to set it up. You will usually have 2 “debridements” where Dr. Huang will use a camera to remove any blood clots, mucous, or crusting that may impair proper healing of your sinuses.

When to Seek Medical Help

Call our office or go to the nearest emergency room if you experience any of the following:

- **Excessive Pain, Swelling, or Drainage:** Especially if symptoms worsen.
- **Difficulty Breathing:** Shortness of breath or feeling unable to catch your breath.
- **Persistent Nausea and Vomiting**
- **Vision Changes**
- **High Fever:** Persistent or above 101°F.
- **Neck Stiffness:** Inability to touch your chin to your chest.
- **Confusion or Disorientation**
- **Worsening Headaches**
- **Clear Nasal Drainage:** Continuous clear fluid dripping from your nose beyond the first 30 minutes post-irrigation.
- **Persistent Salty or Metallic Taste:** This can be normal shortly after irrigation but should not persist.
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For any questions or concerns, please contact our office. If you need assistance after hours for an emergency, go to the nearest emergency room.

Contact Dr. Huang's nurse at 402-403-3094 extension 123 OR Option #2 followed by Option #2

Patient Acknowledgment of Understanding

I acknowledge that I have reviewed and understand the risks, benefits, and alternatives to sinus surgery and agree to follow the post-operative instructions provided.

Patient Signature: _____

Date: _____