



Post Procedure In Office Sinus Instructions

1. Do not blow your nose for two weeks.
2. You may sniff inwards all you want.
3. If you have to sneeze open your mouth and let the air leak out as much as you can.



4. Sleep with your head elevated on 2-3 pillows for a couple of days, this will help keep swelling down.
5. Rinse your nose 3-4 times a day with Simply Saline, use the white can (not blue). When you use the Simply Saline spray it in your nose and sniff backwards.
6. If you accidentally blow your nose or sneeze you may get some air in your cheek or face. If this happens you will notice some puffiness and crackling in your face. It is not usually serious and will resolve in a day or two. If you are concerned call our office.
7. If you use CPAP you cannot use it for one week after the procedure.
8. You should have prescriptions for antibiotics and pain medicine. Start the antibiotics the evening after the procedure and use the pain medications as needed. If you do not need the narcotic pain medications feel free to take Tylenol or ibuprofen.
9. You may resume all of your regular medications except for blood thinners and aspirin which we will discuss with you on an individual basis.
10. If you take Vitamin E or fish oil supplements do not resume them till 2 weeks after the procedure.
11. You may resume a regular diet the evening after the procedure.
13. You may resume normal activities including exercise the day after the procedure.
14. You may go to work the day after the procedure.

15. You should have an appointment scheduled for 2 weeks after the procedure. Please feel free to call before then with any questions or concerns.