

Going Home After Nasal or Sinus Surgery

Name: _____

What can I eat?

- You can eat what you normally eat
- Do not drink hot liquids
- Drink warm or cold liquids
- Do not drink alcohol
- Do not drink from a straw

For 2 weeks:

Do not sunbathe
Do not have hot showers or hot tub baths
Do not do any strenuous activities or exercise
Do not smoke and avoid cigarette smoke

What if I have pain?

- Take Tylenol regularly for the first 24 hours after surgery
- You may have a prescription from your surgeon
- Follow the directions on the medicine bottle
- Do not wait until the pain is bad to take your pain medicine
- Take your pain medicine regularly for 1 to 2 days
- Do not take Tylenol if there is Tylenol in your prescribed medicine
- Do not take any medicines that have aspirin in them like (Advil, Ibuprofen)

How do I look after my dressing?

- If you have a splint keep it dry
- Call your surgeons office for a follow-up appointment
- If you have packing, the doctor will remove it at your follow-up visit
- You may have some pink or red mucous draining from your nose
- Tape a folded gauze under your nose and change as needed

- After the first week you may have some crusting in your nose
- Do not blow your nose
- Blowing your nose may start bleeding
- Use a nebulizer or vaporizer in your bedroom at night

What if my nose starts to bleed?

- Put an ice bag or a bag of frozen vegetables over the bridge of your nose
- Do not blow your nose
- Rest with your head elevated

Seek medical attention immediately if:

- The bleeding does not stop
- It is hard to breathe and you are not getting enough air
- Increased swelling of the eyes or nose
- Fever over 38° C or 100.4° F

Follow- up instructions:

Questions or Concerns:

Health Link BC: 811

(604) 215-2400

Hearing Impaired: 1 866 889-4700

Or, contact your physician

In an Emergency: Call 911 or go to the hospital emergency room