

INSTRUCTIONS FOLLOWING NASAL SINUS SURGERY

1. **Elevation.** Sleep with head of bed up at thirty degrees for three nights following surgery
2. **Do not blow** nose until instructed.
3. **Wipe sniff or dab** nose gently with tissues, if necessary
4. **Change dressing** (drip pad) under nose as needed.
5. **Call** if saturating **4-5** nasal drip pads per hour.
6. **Avoid foods** that require prolonged chewing. Otherwise, your diet has no restrictions.
7. **Avoid strenuous physical activity.** Obtain more rest than you usually get and avoid exertion, including athletic activities for three weeks.
8. **Brush teeth gently** with a soft toothbrush only.
9. **Sneeze** with mouth open.
10. **Take only medications prescribed** by your physician(s)
11. **Contact lenses** may be worn within 2 to 3 days after surgery.
12. **Return to office** for packing removal tomorrow unless otherwise instructed.
13. **Don't take chances!** If you are concerned about anything you consider significant, **call** us at **(570) 714-3434**.