

INSTRUCTIONS FOLLOWING SINUS SURGERY

ACTIVITY:

You must not attempt any tasks requiring judgment or coordination for 24 hrs after your surgery.

CAUTION:

Try not to blow your nose for one week following surgery. Instead, if your nasal passages are blocked, use a nasal decongestant spray. If you need to sneeze, do not hold it in. Let the sneeze come out both your nose and mouth to relieve pressure on the sinus.

DIET:

DO NOT take hot foods/drinks on the DAY OF SURGERY. Drink plenty of fluids. Soft foods are recommended for the next few days (instant breakfast, yogurt, eggs, cheese and pasta).

CARE OF YOUR MOUTH:

You are advised to rinse your mouth after meals and at bedtime (for one week) with 1/2 TEASPOON OF SALT IN 1 CUP OF WARM WATER.

**YOU WILL HAVE STITCHES IN YOUR MOUTH THAT WILL DISSOLVE
APPROXIMATELY ONE WEEK AFTER SURGERY.**

WHEN TO CALL FOR ASSISTANCE:

If you have persistent bleeding, significant swelling or a fever, contact the office @ 370-7066.