

Sinus Surgery Post Operative Instructions

The following instructions have been prepared for you in regard to the surgery which has just been performed. Please read them carefully. If any questions remain unanswered, PLEASE DO NOT HESITATE TO CALL OUR OFFICE at 973-992-8600.

1. Do not blow your nose. Use Afrin Spray twice daily.
2. Do not rinse, gargle, spit or drink through a straw for 24 hours.
3. Apply an ice pack to the outside of the face for 6 hours by alternating 20 minutes on and 20 minutes off.
4. Take all prescribed medications as instructed.
5. Sleep with your head slightly elevated the first night.
6. Do not drink *hot* liquids today.
7. Apply pressure with gauze or a moistened tea bag if slight bleeding or oozing occurs.

If you have any questions, or any problems please call the office at 973-992-8600. If it is after hours the answering machine will instruct you on how to contact the doctor.