

BUXA & BERGSTROM

ENT Center of Excellence

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POST OPERATIVE INSTRUCTIONS FOR SINUS OR NASAL SURGERY

- No aspirin or ibuprofen products for at least 3 weeks.
- No nose blowing. No strenuous activities or heavy lifting for the first 10 days or until post-op appointment.
- You might have light bleeding from the nose and the back of the throat. Any excessive bleeding must be reported immediately.
- You may place an ice pack over the bridge of the nose to help reduce swelling and pain.
- You may feel sinus or nasal pressure along with headache for several weeks after the surgery. Any severe pain or pressure must be reported immediately.
- For the first several days sleep with your head slightly elevated.