

# Postoperative instructions

## Sinus surgery Your return home

### Dressing:

- Change the moustache dressing under your nose as needed.
- If necessary, wear the moustache dressing for the next three days.



### Daily activities:

- Sleep with your head elevated slightly for the next few days.
- Do not blow your nose too hard. You may gently sniff back any nasal mucus.
- Do not try to "hold it in" if you need to sneeze or cough. Keep your mouth open.
- You may shower or take a bath.
- No physical activities are permitted for two weeks.
- No lifting more than 20 pounds for two weeks.
- No driving for 24 hours after surgery, or longer if you are taking pain medication.

### Possible symptoms:

- nausea and vomiting (if necessary, take Gravol™);
- nasal congestion or light nasal bleeding;
- eyes tearing up;
- a mild headache;
- pressure in the ears and/or your face.

### Pain control

- Antibiotics should be taken as prescribed.
- Pain is usually mild and should be easily controlled with Tylenol™ or Extra-Strength Tylenol™.
- Avoid taking ibuprofen (Advil™, Motrin™) or Aspirin™ for one week.
- You may resume all of your regular medications immediately.

### Call your doctor or visit your nearest Emergency Department if you:

- suspect an infection:
  - increasing pain;
  - fever;
  - green or foul smelling discharge;
  - sharply increased nasal congestion;
- become suddenly short of breath;
- have severe headache or neck stiffness;
- experience change in your vision;
- observe clear nasal oozing;
- bruising around your eyes.

**Note: If you have profuse bleeding from the nose you can pinch it firmly for 15 minutes. If bleeding does not subside, go to the closest Emergency Department.**

Next appointment:

Date:

Time:

**Please call your doctor's office on the day following your surgery to book your appointment.**

713 Montréal Rd. Ottawa ON  
T 613.746.4621

[hospitalmontfort.com](http://hospitalmontfort.com)

5100300 (10-17)