

Brian J. McCool, M.D.

McCOOL & BHUTA

Ear Nose and Throat Specialists

Tarika Bhuta, M.D.

POST OPERATIVE INSTRUCTIONS NASAL/SINUS SURGERY

1. Your physician may prescribe medication for pain and nausea.
2. To help ease the discomfort after surgery, you should rest, elevate your head, and take the prescribed medications.
3. In general, activity should be limited for approximately two weeks after surgery.
4. Some drainage of blood or mucous is normal, especially during the first few days after surgery.
5. Nasal saline irrigations twice a day will be recommended after sinus surgery.
6. You will experience nasal congestion and sinus pressure for 3-7 days after surgery. Your doctor may recommend over the counter medications, such as Afrin, to help relieve the congestion.
7. Call 205.414.1368 during normal business hours for routine questions and medication refills.
8. Call at any time for problems such as excessive or continuous bleeding, excessive pain, high fever (over 101° for more than 12 hours that does not respond to Tylenol, increased fluid intake, or cool baths), or excessive nausea.

