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## **SINUS SURGERY POSTOPERATIVE INSTRUCTIONS**

**THIS INFORMATION WAS ADAPTED FROM THE STANFORD UNIVERSITY PROTOCOL,  
WHICH MAY BE FOUND HERE:**

[HTTPS://STANFORDHEALTHCARE.ORG/MEDICAL-TREATMENTS/N/NASAL-SURGERY/WHAT-TO-EXPECT.HTML](https://stanfordhealthcare.org/medical-treatments/n/nasal-surgery/what-to-expect.html)

### **Nasal packing/splints**

You may have either nasal splints or nasal packing in the nose following surgery. The surgeon will let you know on your discharge paperwork. If there is removable material in the nose, these will be removed about one week after surgery/

### **Pain control**

You will be prescribed pain medication after nasal surgery. Take as you need for pain control. If you prefer to avoid narcotics, you should feel free to use acetaminophen (Tylenol®).

### **Bleeding**

It is normal to experience small bleeding for a couple of days after surgery. You may dab your nose gently with tissue, but **DO NOT BLOW YOUR NOSE**. Avoid aspirin, NSAIDs (such as ibuprofen, Advil®, Motrin®, naproxen, or Aleve®), for at least two weeks because they can increase the risk of bleeding after surgery. You may use nasal topical decongestants (such as Afrin® spray) two sprays each nostril twice daily for three days and then as needed to control small bleedings, for a maximum period of time of one or two days. The decongestant decreases the amount of swelling in the nose and can keep the nasal passages open during the healing phase.

### **Nasal Saline**

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