Post Operative Instructions Following Sinus Surgery

**Sinus Precautions**

**AVOID**

* blowing your nose - It is best to wipe away nasal secretions carefully. After 2 weeks, if you must blow your nose, blow gently through both sides at the same time. Do not pinch your nose; do not blow just one side at a time.
* sneezing – for the next 4 weeks, if you must sneeze, keep your mouth open and do not pinch your nose closed.
* sucking – for at least the next 2 weeks do not drink through a straw. Do not smoke for the next 3 weeks (if ever again!).
* blowing – for at least the next 4 weeks, do not play a wind instrument. Do not blow up balloons.
* pushing or lifting - Do not lift or push objects weighing more than 20 pounds.
* bending over – for at least the next two weeks, keep your head above the level of your heart. Sleep with your head slightly raised.
* Flying in a plane – for at least the next 2 weeks

**On the day of surgery:**

# DO

* Rest for the remainder of the day and the day following surgery
* Take your medication as prescribed
* Drink plenty of liquids
* Eat **soft**, **cool** foods for next three meals(yoghurt, ice cream, protein shakes (Carnation Instant Breakfast, Ensure, Boost)
* Elevate your head when sleeping to decrease swelling

## DO NOT

* Rinse your mouth for 24 hours following surgery, start the prescribed mouth rinse on Day 4.
* Eat hot and spicy foods, peanuts, popcorn, chewing gum, and chips for 2 weeks
* Chew hard solid foods for 6 week
* Drink hot liquids for 1 week
* Drink through a straw for 2 week
* Rinse your mouth excessively, only as prescribed
* Brush the surgical site for 2 weeks and only brush gently for the next 4 weeks. No electric toothbrush (Sonicare/ Oral B) for 6wks
* Floss the surgical site for 6 weeks
* Smoke for 3 weeks after surgery (if ever again!)
* Exercise – proper wound healing requires rest. Avoid any strenuous exercise such as heavy lifting, or exercise programs which elevate your heart rate, for 1 week following surgery. A walk should only be a “stroll” 1 wk post surgery.
* Do not engage in any contact sport/ activity for 6 weeks
* “Play” with the dressing or sutures with your tongue or hand
* Look at or “show off” the treated area
* Take aspirin

# Swelling

Most surgical procedures result in a certain amount of swelling after surgery. Swelling usually reaches its maximum 48-72 hours after surgery. It begins to subside on the third or fourth day and is typically resolved by the end of the first week.

Application of ice to the area can help minimize swelling. Icing is most effective in the immediate period following surgery. The effect of icing diminishes significantly after about 48 hours. Ice for 15-20 minute intervals, but never longer. Do not allow ice to sit against the skin without a being wrapped in a thin damp cloth. Allow area to warm for 10-20 minutes before beginning the icing routine again. Continue to apply ice packs as much as possible for the first 24 hours.

# Bleeding

Minor bleeding or fluid from your nose is normal following this type of surgery.

If the bleeding persists for several days, you have neck stiffness, or increased sensitivity to bright light, or severe headache, please call the clinic.

# Sutures

The sutures that have been placed may be resorbable or non-resorbable. If they are resorbable they may be gone by the time of your post surgical appointment (Date \_\_\_\_\_\_\_\_\_\_\_\_\_). If they are non-resorbable we will assess them for removal at your post surgical visit.

# Healing Splint

If you have been given a healing splint (mouthguard) to wear on your upper teeth, you must wear this for the first 24 hours. You can then use it as needed for comfort when chewing. We find that most patients prefer to wear it for about 3-5 days.

# The days following surgery

Continue gentle rinse of tepid water several times a day, or the prescribe antimicrobial rinse. You may start to gently brush your teeth, but take care to avoid the surgical site. Eat a normal diet of soft food and continue on any medications as prescribed. Avoid any contact sports or activities that may affect the surgical areas. Be sure to take all medications as prescribed.

**If you have any concern during the healing stages of your treatment please phone the office**

**860-5151**

**or**

**Dr. Buschel at home**

**979-2899**

These instructions have been explained and provided to me. I understand these post operative instructions and agree to abide by them for the safety and success of my well being and the treatment provided.

Date: \_\_\_\_\_\_\_\_\_\_\_\_Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_