



SINUS SURGERY POST-TREATMENT INSTRUCTIONS

PLEASE READ CAREFULLY AND CALL OUR OFFICE WITH ANY QUESTIONS PRIOR TO SURGERY

Sometimes the after-effects of treatment in and around the sinus are quite minimal, so not all of these instructions may apply. However, it is essential to follow these guidelines or call our office for clarification. **Our phone number is (541) 654-5482.**

PRESCRIPTIONS: You will most likely be given prescriptions for an antibiotic, steroid, and pain medication. In addition you will be given gauze. You may be prescribed a mouth rinse, Afrin nasal spray (to be used no more than 5 days in a row), and/or Mucinex. **It is imperative that you take the medications if directed to do so.**

SINUS CARE: Do not do anything that will change the pressure in your sinus. **No blowing your nose and do not hold sneezes in for 2 weeks following your surgery.** You may experience a bloody nose the first 48 hours from surgery if you bend over. . You may also notice small particles in your mouth or nose. This is normal. Don't try to look at the surgical site or disturb the area in any way.

ACTIVITY LEVEL: Limit activity the day of surgery. Stay inside and don't do anything. Keep head elevated by relaxing in a chair or using extra pillows while in bed or on the couch. Light activity (50% of normal effort) is okay the following day after surgery for the first week. Avoid activities that change your blood pressure significantly like repetitively bending over and standing up. Moderate activity (80% of normal effort) is okay for the second week. Do not engage in any strenuous activities for 2 weeks. Do not swim for 2 weeks. Your body should spend most of its energy healing.

DIET: Confine the first week's intake to liquids or pureed foods (soups, puddings, yogurt, milk shakes, etc.). Avoid extremely hot foods. Do not use a **straw** until you are advised that it is okay. Gradually progress to solid soft nourishing foods the following week. Avoid chewing anything at the surgery site. Avoid foods like nuts, sunflower seeds, popcorn, etc., which may get lodged in the surgery areas. It is important not to skip meals! If you take nourishment regularly you will feel better, gain strength, have less discomfort and heal faster. If you are a diabetic, maintain your normal eating habits or follow instructions given by your doctor.

MOUTH RINSES: Please do not use commercial mouth rinses. You may be given or prescribed a bottle of Chlorhexidine (Peridex©) prescription mouth rinse and advised to either rinse gently with it or dab sparingly on the treated teeth with a cotton swab dipped in it up to four times a day. If you are not given Chlorhexidine mouth rinse, in which case please use a mixture of 1/4 teaspoon of salt dissolved in an 8 ounce glass of warm water and gently rinse with portions of the solution, taking five minutes to use the entire glassful. This will help with extra comfort and healing.

BRUSHING: Brush the areas in your mouth that were not affected by the surgical procedure. Please do not brush the surgical site unless specifically advised to do so by Dr. Dow.

SMOKING/CHEWING/VAPING: The use of nicotine and/or marijuana greatly reduces the success of your recovery. No smoking ANYTHING for 6 weeks following surgery.

SIDE EFFECTS

Bleeding: Intermittent bleeding or oozing overnight is normal. Bleeding should never be severe. Bleeding may be controlled by placing fresh gauze over the area and applying gentle pressure for 30-45 minutes. If bleeding persists or becomes heavy you may substitute a tea bag (soaked in very hot water, squeezed damp-dry and wrapped in moist gauze) for 20 or 30 minutes. If bleeding remains uncontrolled, please call our office.

Swelling: Swelling is often associated with sinus grafting surgery. It can be minimized by wrapping a cold pack, ice bag or bag of frozen peas in a towel and applying firmly to the cheek adjacent to the surgical area. This should be applied for 20 minutes on and 20 minutes off during the first 24 hours after surgery. If you have been prescribed medicine for the control of swelling, be sure to take it as directed. ***If you can take Ibuprofen; take 600 mg every 6 hours for 3-4 days.**

Pain: Our patients report moderate discomfort following the sinus grafting surgery. Taking Ibuprofen as directed above is the best way to control pain. You will usually have a prescription for pain medication that can be taken in addition to Ibuprofen. Your pain will be better managed if you take the first pill before the anesthetic has worn off. Some patients find that stronger pain medicine causes nausea, but if you precede each pain pill with a small amount of food, chances for nausea will be reduced. The effects of pain medications vary widely among individuals. Some patients may even require two of the pain pills at one time. If you find you are taking large amounts of pain medicine at frequent intervals, please call our office. If you anticipate needing more prescription medication for the weekend, you must call for a refill during weekday business hours.

Nausea: Nausea is not uncommon after surgery. Sometimes pain medications are the cause. Nausea can be reduced by preceding each pain pill with a small amount of soft food, and taking the pill with a large volume of water. Try to keep taking clear fluids and minimize dosing of pain medications, but call us if you do not feel better. Classic Coca Cola may help with nausea. We are able to prescribe an anti-nausea medication if you experience uncontrolled nausea. Please let us know if you are prone to nausea when taking medications.

It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have questions about your progress, please call our office. Calling during office hours will afford a faster response to your question or concern. If you are having an after-hours emergency please call our office at (541) 654-5482 for instructions. Telephone calls for narcotic (pain killer) prescription renewals are ONLY accepted during the office hours if 7a-4p.

Your Next visit:

Although it varies, most patients are seen for a post-treatment visit about 2 weeks following any surgery involving your sinus. This is a short appointment with the surgical assistant where healing is observed, questions are answered and the sutures **may** be removed.