

POST-OPERATIVE CARE FOLLOWING
SINUS SURGERY

1. **It is mandatory to buy an over the counter antihistamine/decongestant-combined medication like Zyrtec-D, Allegra-D, Claritin-D Benadryl Allergy Plus Sinus. Take it for 3-5 days to prevent your nose from running and to avoid the need to blow it.**
2. Do not blow your nose. If you must sneeze, do so with your mouth open to minimize any unnecessary pressure on the sinuses.
3. Do not smoke or use smokeless tobacco. Smoking is to be avoided for 6 weeks since it increases the heat in the surgical area and significantly lowers the body's ability to heal.
3. Do not take in liquids through a straw. The use of straws creates a negative pressure in your mouth and will tend to loosen the sutures.
4. You may notice granules coming out of your mouth. This is normal. Call the office if they are coming out of your nose or you get large clumps.
5. Do not lift or pull on your lip to look at the sutures (stitches).
6. **ORAL HYGIENE:** Gentle rinsing of the mouth should be started 24 hours after the surgery. You can rinse with salt water (1/2 tsp. of salt in 8 oz. warm water). The use of commercial mouthwashes during the healing period is not recommended, as the high alcohol content can chemically burn the site.

Therasol Rinse Instructions: Pour a small amount of Therasol Rinse in a cup, dip toothbrush in and use in place of toothpaste on and around the surgical site. Do not dip brush directly into Therasol bottle. Clean the surgical area at least 3 times a day using the bottle of Therasol given to you. The size of bottle give to you is typically plenty for this purpose for about two weeks.

7. **SWELLING:** Some swelling is to be expected and is not unusual. In most instances swelling can be prevented or controlled. Peak of swelling is usually between 48 and 72 hours post operatively. Apply the ice pack that has been given to you for a period of 20 minutes on and 20 minutes off during the day for the