



ENTGROUP

OF CLEVELAND, INC.

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Otolaryngology-Head and Neck Surgery

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***POST-OPERATIVE INSTRUCTIONS FOR
BALLOON SINUPLASTY OR SINUS OPERATION PATIENTS***

1. Wear dressing under nose only if there is drainage. DO NOT continually wipe nose with tissue.
2. For bleeding that **FILLS** two gauzes placed under the nose-USE AFRIN nose spray and SNIFF in-do every 5 minutes. A little blood on bandage is not considered bleeding. If there is blood completely saturating the bandage, and you have changed the bandage with TWO gauzes 3 times in fifteen minutes and the bandages are COMPLETELY saturated, then please call the doctor
3. The day of the operation start using saline (saltwater) nosespray (such as Ocean Spray, Ayr, etc., available over the counter) 2 puffs each side of your nose at least 4 to 6 times a day and more if you remember, or use Ayr gel (applied with finger) 3 to 4 times a day, or any brand saline gel nose spray.
4. Use a humidifier or vaporizer.
5. **DO NOT** bend over or lift anything heavy (over 10 pounds) for the first week after the surgery.
6. Use the medications (prescriptions) written for postoperative use.
7. It is normal for your nose to be completely congested or plugged after nose surgery.
8. If you have any questions please call the office.
9. If any pus-like drainage (yellow) please call.
10. You may use Motrin or Tylenol for pain.