

NORTH GROVE MEDICAL PARK  
1330 Boiling Springs Road, Suite 1400  
Spartanburg, SC 29303  
Phone 864-582-2900  
Fax 864-582-4991  
www.spartanburgent.com

PELHAM MEDICAL CENTER  
MEDICAL OFFICE BUILDING  
2755 S. Highway 14, Suite 2400  
Greer, SC 29650  
Phone 864-699-6970  
Fax 864-662-2060  
www.greerent.com

---

## **POSTOPERATIVE INSTRUCTIONS SINUS SURGERY**

### **Before Surgery:**

1. Nothing by mouth after midnight the evening before surgery except medications as instructed by the anesthesiologist at the preoperative evaluation.
2. Notify your doctor if cough, fever, or other symptoms of respiratory tract infection develop prior to surgery.
3. Aspirin, aspirin products, ibuprofen, or other non-steroidal anti-inflammatory medications should not be taken for two weeks prior to surgery. Tylenol is permitted.
4. Plan to remain in town for two weeks after surgery.

### **After Surgery:**

1. Take antibiotic and pain medication as directed.
2. Saline nasal irrigations: 2 puffs each nostril every 2-4 hours while awake and as needed for crusting.
3. Limit physical activity for 2 weeks. No heavy lifting or straining.
4. No nose blowing for 2 weeks.
5. Sneeze with mouth open.
6. A small amount of nasal or postnasal drainage is common after surgery. Although not mandatory, a drip pad may be taped under the nose until drainage subsides.
7. Avoid aspirin, aspirin containing products, ibuprofen (Motrin, Advil), or similar anti-inflammatory medications for 2 weeks after surgery. Tylenol is permitted.
8. Call for any heavy bleeding, problems with vision, swelling, bruising around the eye, or a temperature of greater than 101.5o.
9. Avoid undue exposure or fatigue as these may predispose to an upper respiratory tract infection.
10. Please make your follow-up appointment as instructed by your doctor.

### **After Hours Number – 1-800-925-1318**

**Today you will need to purchase the circled items at the checkout desk.**

Saline Nasal Spray

Saline Nasal Gel  
(Tube)

Saline Sinus Irrigation  
(Bottle/50 packets)

**After surgery your Doctor will inform you on how and when to begin use of these products.**