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Endoscopic Sinus Surgery  
Cutaneous Oncology Surgery  
Head and Neck Surgery

Digital Hearing Aid Sales & Service  
Audiologic Testing  
Otolologic Surgery

## DISCHARGE INSTRUCTIONS FOR ENDOSCOPIC SINUS SURGERY

- Do not blow your nose. Sniffing gently is acceptable
  - Do not bend over from your waist.
  - Do not lift any object heavier than ten pounds.
  - Do not engage in any strenuous activity.
  - Do not drive for the first three to five days.
  - Do not attempt to remove any crust from the nose other than with irrigation.
  - If you sneeze, do so with your mouth open.
  - You may wish to elevate your head on one to two pillows.
  - You will need to change the nasal drip pad several times during the first few days. Do not be alarmed if the pad is tinged with blood
  - Beginning the day after surgery, irrigate you nose four times per day. Make a solution of ½ teaspoon of pickling salt in 6 ounces of water and irrigate with a bulb syringe.
  - For the first three days only; place 2 squirts of Afrin into each nostril morning and night.
  - If so directed, take the steroid dose pack (Medrol, Sterapred) as directed on the label.
- REMEMBER TO TAKE YOUR ANTIBIOTICS AS PRESCRIBED.**  
**REMEMBER YOUR FIRST POSTOPERATIVE RETURN APPOINTMENT TO THE OFFICE.**

### FOR THE SECOND WEEK AFTER YOUR SURGERY:

- You may increase your level of activity but no strenuous events.
  - You may lift up to twenty-five pounds.
  - Blow your nose only if so instructed by you physician.
- REMEMBER YOU SECOND POSTOPERATIVE RETURN TO THE OFFICE.**

### AT ANY TIME AFTER YOUR SURGERY:

- Do not drive or operate any hazardous equipment within six hours of taking prescription pain reliever.
- In any bleeding should occur, sit in an upright position and squeeze the soft part of your nose for ten minutes.
- If the bleeding persists for longer than ten minutes please notify us by calling the office number (434-2255).
- If you have any other problems or questions, please notify us by calling the office number.
- Smoking will delay healing. If you must smoke, you must use the nasal saline spray more frequently.
- Using a room humidifier will be of benefit.
- If you experience any double vision, or loss of vision contact us by calling the office number (434-2255).

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