



South Tulsa Ear Nose & Throat Center, PC  
Michael B. Shaw, D.O. Thomas V. Nunn, D.O.  
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**Sinus Surgery  
Post-Operative Instructions**

1. **Diet:** You may experience some nausea after the surgery. Plan on adjusting your diet accordingly. You may return to a normal diet as tolerated.
2. **Pain Medications:** The most discomfort from sinus surgery comes from having your nose stopped up. An analgesic will be prescribed for your post-operative use.
3. **Bed Rest:** After your surgery, you do not need to stay in bed but please limit your activities as stated below.
4. **Restricted Activities:** Your sinuses will feel very full and congested after surgery. However, it is very important that you DO NOT BLOW YOUR NOSE for a week after the surgery.

DO NOT BEND OVER OR LIFT HEAVY OBJECTS for a week after the surgery. These activities can cause bleeding in the nasal cavities. For the first week after surgery, do not exert or overheat yourself.

5. **Fever:** It is common for a patient to run a fever. If you experience a fever above 102 degrees, please call our office at **459-8824**.
6. **Drainage and Discharge:** You may experience a little discharge during the post operative period. If you experience bright red bleeding, like nose bleeds or blood running down the back of your throat, please call our office at **459-8824**.
7. **Saline Nasal Spray:** Please use an over the counter nasal saline spray between office visits. Use this spray 4 to 6 times per day to cleanse your nose and keep your sinuses moist. During this time, we also recommend that you use a humidifier to keep the sinus membranes moist.
8. **Post-Operative Office Visits:** The first visit will be one week after your surgery when the surgeon will remove any packing from your sinuses and inspect the sinuses. Many sinus surgeries do not require nasal packing.

9. **Post Operative Debridements:** After your initial post-operative visit, you may be asked to return once a week for a few weeks. During these visits, the surgeon will clean your nose and sinus cavities. This process is called *debridement* and after each visit your nose and sinuses will feel more open. These visits are essential to the healing process.
10. **Sinus Packing:** Occasionally sinus surgeries will require nasal packing. This packing will usually be removed at the first post-operative visit.

**If you have any questions, please call our office at 459-8824**



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