



Greenville Ear, Nose & Throat

After Your Sinus Surgery

Please follow these instructions after your sinus surgery:

- Take antibiotic and pain medication as directed.
- Use saline nasal irrigation: Begin with 2-3 puffs of saline nasal mist (Ocean, Ayr, etc.) every 2-4 hours while awake and as needed. If instructed by your surgeon, start nasal saline irrigation using a bulb syringe 4-5 times a day.

Recipe for Saline Irrigation

1 tsp. non-iodized salt (sea salt, canning salt, etc.)
1 tsp. baking soda
1 pint of water

Boil ingredients in water for 2 minutes. Keep at room temperature for up to 1 week.

- Limit physical activity for 2 weeks. Avoid heavy lifting or straining.
- Do NOT blow your nose for 2 weeks.
- Sneeze with your mouth open.
- A small amount of nasal or postnasal drainage is common. If you want, tape a drip pad under the nose until the drainage stops.
- Avoid aspirin, aspirin-containing products, ibuprofen (Motrin, Advil), or similar anti-inflammatory medications for 2 weeks. You may use Tylenol.
- Call our office if you have heavy bleeding, vision problems, swelling, bruising around the eye or a temperature above 101.5°F.
- Avoid extreme exposure or fatigue, which may increase your chance of getting an upper respiratory infection.
- Please call our office to confirm your follow-up visit:
 - Patewood (864) 454-4368
 - Greer (864) 797-9400