

In-Office Sinus Surgery Post Procedure Instructions

1. **No nose blowing** for 24 hours. Resume gentle nose blowing after that, unless otherwise directed.
2. Sniff inwards all you want.
3. Sneeze with an open mouth.
4. Use Afrin Nasal Spray (over the counter) 2 sprays each nostril twice daily for 3 days then stop.
5. Use Saline Nasal Spray (over the counter) 4-6 times a day until follow up.
6. Sleep with your head elevated on 2-3 pillows for a couple of days, as this will help keep swelling and congestion down.
7. If you accidentally blow your nose or sneeze, you may get some air in your cheek or face. If this happens, you will notice some puffiness and crackling in your face. It is not usually serious and will resolve in a day or two. If you are concerned, call our office.
8. If you use CPAP, you cannot use it for 7 days after the procedure, unless otherwise directed.
9. It is normal to experience periodic congestion, headaches, and bloody drainage after the procedure for several days. You may either take the remaining narcotic medication prescribed to you or Tylenol to help relieve any discomfort.
10. You may resume all of your regular medications except for blood thinners and aspirin, which we will discuss with you on an individual basis.
11. If you take Vitamin E or fish oil supplements, resume those 48 hours after the procedure.
12. You may resume normal activities, including exercise, the day after the procedure.
13. You may go to work the day after the procedure, unless otherwise instructed.

*NO  
# Blood thinners #*

*ex alleve, aspirin,*

Ear, Nose, and Throat Associates of Nassau County  
2870 Hempstead Turnpike, Suite 203  
Levittown, NY 11756  
P: 516-731-6644

*Motrin  
etc*

Procedure Date: \_\_\_\_\_

Procedure Time: \_\_\_\_\_

\*\*\*PLEASE READ CAREFULLY. FAILURE TO FOLLOW INSTRUCTIONS BELOW COULD  
RESULT IN THE CANCELLATION OF YOUR PROCEDURE\*\*\*

#### PREOPERATIVE INSTRUCTIONS OFFICE SINUS PROCEDURE

1. Arrive promptly for your scheduled to procedure. Late arrivals will likely be rescheduled.
2. No restrictions on eating or drinking the day of procedure.
3. All patients will need a designated driver the day of procedure.
4. **YOU MAY TAKE TYLENOL AS NEEDED FOR PAIN PRIOR TO PROCEDURE.**
5. **STOP ALL BLOOD-THINNING MEDICATIONS 5 DAYS PRIOR** to procedure. This includes medications such as Coumadin, Warfarin, Lovenox, Heparin, Plavix, Pletal, Dipyridamole, Ticlid, etc. If you are taking any other potentially blood-thinning medications, you must notify your doctor of this immediately.
6. **STOP ALL ASPIRIN AND ASPIRIN CONTAINING PRODUCTS 10 DAYS PRIOR** to procedure. This includes medications such as Excedrin, Bayer Aspirin, BC powder, Anacin, Fiorinal, Norgesic, Robaxisal, Soma Compound, etc.
7. **STOP ALL ANTI-INFLAMMATORY MEDICATIONS 5 DAYS PRIOR** to procedure such as Advil, Aleve, Celebrex, Voltaren, Cataflan, Arthrotec, Etodolac, Dolobid, Ibuprofen, Lodine, Nalfon, Ansaid, Indocin, Motrin, Orudis, Toradol, Relafen, Naprosyn, Daypro, Feldene, Tolectin and Bextra.
8. **STOP ALL VITAMINS and/or FISH OIL 5 DAYS PRIOR** to procedure.
9. **Afrin Nasal Spray and NeilMed Sinus Rinse** will need to be picked up at your pharmacy. Both are available over the counter and you will be given instructions on how to use these after you have your procedure.
10. **PRESCRIPTIONS WILL NEED TO BE PICKED UP AND FILLED AT YOUR PHARMACY.** Please read/follow the directions and bring them with you to procedure.
11. Medication Instructions:
  - **AFRIN** (not prescribed – pick up over-the-counter) – spray 5 times in each nostril 1 hour prior to your procedure
  - **BRING afrin** with you to the procedure and spray it in your nose again 5 times 30 minutes prior
  - Take 1 Norco Tab 1 hour prior to the scheduled procedure time
  - Take 1 Ativan Tab 1 hour prior to the scheduled procedure time
  - **BRING the 2<sup>nd</sup> Ativan** with you to the office prior to the procedure
  - Begin Antibiotics and steroids as prescribed 24 hours prior to the procedure and continue them until completion after the procedure

If you have any further questions please call the office and ask to speak with your doctor