



Omaha Ear, Nose & Throat Clinic, P.C.

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NASAL / SINUS SURGERY

1. You will be prescribed medication for nausea and pain.
2. Rest as much as possible. Elevate your head and continue the prescribed pain medications.
3. In general, activity should be limited for at least two weeks after surgery.
4. Some drainage of blood or mucous is normal especially during the first few days of surgery.
5. You may use a saline nasal spray as often as you would like beginning the first day after surgery. This may help to reduce the amount of crusting in the nose and speed up the healing process. A humidifier may be helpful as well.
6. It is normal for you to become more and more congested as the week progresses. You may blow your nose gently one side at a time starting on the 5th day after surgery.
7. You will need a post-op appointment with Dr Edmunds one-week after the surgery. At this time, your nose will be cleaned out to remove any post operative sinus crusting that may have accumulated. After this appointment, you should notice an improvement in your breathing.
8. Call the office during normal business hours for routine questions and medication refills.
9. Call anytime you experience excessive or continuous bleeding, extreme nausea, intense pain or a high fever (over 101 degrees for more than 12 hours that does not respond to Tylenol, increased fluid intake or cool baths).