

Tan Head & Neck Center
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WHAT TO EXPECT AFTER YOUR NASAL OR SINUS SURGERY

1. The procedure is typically performed on an outpatient basis. You will be discharged home after your surgery with pain medicine. If your doctor feels that there was a lot of infection present during the surgery, he may send you home with antibiotics as well.
2. Your first post-operative visit with the doctor will be 6-10 days after surgery. At that time, you will begin nasal irrigation. An instruction form for the nasal irrigation will be given to you at your post-operative visit.
3. Bleeding: There will be minor bleeding from the nose, usually for 1-3 days. Occasionally the bleeding may last for up to 1 week. You should notice a gradual decrease in the bleeding over time.
4. Pain: nasal surgery is usually well-tolerated. You may have a minor headache or facial pressure for a few days after surgery. Some patients also experience numbness of the palate for several weeks after the surgery.
5. Nasal congestion: The nose will feel congested for 1-2 weeks immediately after surgery, due to swelling, old blood, or mucus in the nose. This will all subside and patients should see gradual improvement over time as the swelling resolves and with the use of nasal irrigation.
6. Activity: You can resume all light activities immediately after surgery. You can return to work when you feel able. You are free to go outside without a mask.
7. Restrictions: Do not blow your nose forcefully for 3 days after surgery. Light nose blowing is acceptable. No heavy lifting or strenuous exercise for 3 days after surgery. No swimming or exposure to dirty water in the nose for 4 weeks after surgery.