

Diet	Increase fluids to relieve dry throat from mouth breathing.
Activity	Avoid any heavy lifting or exertional work for 10 days as this can cause nosebleeds.
Medications	Use medications when you return home from surgery as follows: <ol style="list-style-type: none">1. Dr. Lui and Dr. Werger will give oral antibiotic prescriptions x 1 week.2. Sinus Rinse - 2 sprays into each nostril at least 6 times per day (can use up to 20 times per day) for 2 weeks, then 4 times per day until your post-operative visit (start the day after surgery).3. Nasal steroid sprays or decongestants should be used as directed by your surgeon only.4. DO NOT take ibuprofen (i.e. Motrin, Advil) or ASA compounds (i.e. Asprin, Bayer) as they may cause bleeding.
Pain	Discomfort is variable. Congestion is normal. Use the pain medication as prescribed. If this fails to relieve your discomfort, please call your Doctor.
Hygiene	Bathe as usual.
Dressing	Packing is normally removed from your nose 30 minutes after the surgery, in the recovery room. You may have a piece of plastic in your nose. The doctor will remove it at the post-operative visit. It is OK if it falls out before. Do not remove any crusts that form as your tissues heal. Expect nasal congestion to last 14 to 21 days.
Social	You may return to work in 3-5 days if you are not doing strenuous work, otherwise refrain from work for 10 days.
Follow-up	Call the surgeon's office to make an appointment to be seen in 2 weeks.
Special Instructions	A small amount of bleeding is normal. If it lasts longer than 20 minutes, with head forward and pinching your nose, go to the nearest Emergency Department. Do not blow your nose for 5 days. Flying is not recommended for 4 weeks after surgery. You must be seen by your Doctor before flying. Please call your Doctor's office if you have any questions or concerns.

CALL YOUR SURGEON DURING OFFICE HOURS OR GO TO THE EMERGENCY DEPT. IF:

1. You have a temperature over 38.5C or 101.3F.
2. You have excessive bleeding or drainage.
3. You have pain not relieved by pain medication.
4. You have swelling of the face or eyes or difficulty with vision.
5. You have a severe headache with neck stiffness.