



POST OPERATIVE INSTRUCTIONS FOR SINUS INVOLVEMENT

It is most important that you follow these guidelines

- Start over the counter Arnica 3 days prior to surgery
- Following surgery, take over the counter Chlor-trimeton (antihistamine) twice a day for 7 days
- Following surgery, use over the counter Neosynephrine (Afrin) 3-4 times a day for 5 days
- NO SMOKING or SUCKING from a straw.
- Avoid BLOWING your nose and SNEEZING. If you have to sneeze, leave your mouth open while sneezing.
- Avoid ALL CARBONATED DRINKS until the doctor's OK.
- If when you are drinking, you have a liquid sensation under your eyes, notify the office.
- Light fluid drainage is normal. However, you should call our office if you have a MAJOR FLUID LOSS, either in the mouth or nasal area.