

APPALACHIAN REGIONAL HEAD & NECK CENTER

HOME OFFICE:

200 MEDICAL CENTER DRIVE, SUITE 2N

HAZARD, KY 41701

606-439-4466

OTHER OFFICES ARE LOCATED IN SOMERSET, LONDON AND LEXINGTON, KY

POST-SINUS SURGERY

PATIENT TEACHING

- 1. A regular diet is permitted**
- 2. DO drink plenty of fluids (32 -64 oz a day)**
- 3. DO take Tylenol or prescribed medication for pain**
- 4. DO irrigate your nose with salt water 3 times a day with a syringe or water-pik after the packing is taken out (1 teaspoon salt in a large glass of distilled water)**
- 5. DO call the doctor if a temp of greater than 100.5 or bleeding or any other problem persists.**
- 6. DO NOT blow your nose for 2 weeks**
- 7. DO NOT take aspirin, Motrin, Advil or Aleve**
- 8. DO NOT engage in strenuous activities. DO NOT lift more than 5 pounds**
- 9. DO NOT go to work or school for 21 days after surgery**
- 10. Regular hygiene (showering and bathing and washing the hair) is permitted after surgery**

Monday – Thursday 8:00 a.m. – 4:00 p.m. and Friday - 8:30 – Noon

If you need assistance after these hours, you may contact:

NAME OF PATIENT: _____

FOLLOW UP APPOINTMENT: _____