

**Post-Procedure Instructions for Office Nasal and Sinus Procedures**

**AFTER YOUR PROCEDURE:**

1. Mild pain is common after the procedure. While recovery time varies from patient to patient, many people can return to normal activities within 24 hours of the procedure. The discomfort normally subsides within 24 hours. If the pain worsens or is not relieved with OTC pain medications, please call us to let us know.
2. Activity level should be minimal for several days following the procedure. No vigorous activity/exercise (including bending or heavy lifting) for 2-3 days. You may start using OTC saline spray (Ocean, Ayr, etc.) the day after your nasal procedure. Nasal saline spray should be used 3-4 times a day for nasal congestion/drainage symptoms.
3. Minimal bloody drainage is normal for the first day. If bleeding persists beyond 48 hours, please contact the office for further instructions.

**NOSEBLEED**S: Should a persistent nosebleed occur (dripping bright red blood for 5-10 minutes):

1. Apply generous amounts of Afrin nasal spray into both sides of the nose.
2. Hold firm pressure on the soft part of the nose for 10 minutes.
3. If the nose continues to bleed after these measures, please call our office.

**WHEN TO CALL AFTER NASAL PROCEDURE:**

* Fever the next day higher than 102 F
* Sudden visual changes or eye swelling
* Severe headache or neck stiffness
* Constant clear, watery drainage for the first week after the procedure
* Severe diarrhea
* Steady, brisk nose bleeding that does not stop using the techniques described above.