

- Please start your saline irrigations the day after surgery. Wash with salt water solution twice a day. I recommend the NeilMed Sinus Rinse bottle with the packets, but you may use a Navage system or a pour NetiPot if you prefer. Please continue this until your next office visit.
 - This is the most important part of your recovery. Squeeze gently—This is a gentle wash, not a fire hose. If you feel it in your ears, you're squeezing too hard
 - Warm up the solution to body temperature for comfort
- You may have some dissolving sponges in your nose, which helps with healing and bleeding. These MAY come out with a rinse, so don't worry if something big comes out!
- It is likely to have bloody mucus drainage from your nose for 24 hours, sometimes less, sometimes more. This is generally on and off based on activity. If blood is soaking through a dressing every hour, you may need to talk to the doctor on call.
- **If there is bleeding**—Blow the nose gently. Spray Afrin into the nose. Soak cottonballs with Afrin and place gently into the front of the nostrils to help stop bleeding
- It is okay to:
 - Blow your nose very gently, wipe your nose, Sneeze with your mouth open
 - Use Afrin (oxymetazoline) as needed for 3 days MAXIMUM after surgery
 - Take Tylenol. If you can, avoid use of aspirin, BC powder, naproxen or ibuprofen for the first few days
 - Sleep with your head elevated – this will help to keep swelling down in your nose
- Please do not:
 - Blow your nose forcefully
 - Do any heavy lifting or straining for 7 days
 - Put anything other than the saline rinse, cotton ball or topical medications in your nose. No packing, no tissues, no gauze, please. This can interfere with healing.
- Please call us at 817-989-2400:
 - Fever over 101
 - Worsening pain. Infection is rare, but can occur. Generally this comes with worsening pain and/or thick nasal drainage about 4-5 days after surgery.