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FACIAL PLASTIC & COSMETIC SURGERY  
ALLERGY TESTING & TREATMENT  
HEARING AID SALES & SERVICE

Post-Operative Instructions  
**ENDOSCOPIC SINUS SURGERY / NASAL SURGERY**

POST-OPERATIVE Expectations:

- **Bleeding:** you should expect minor bleeding following your nasal or sinus surgery. Minor bleeding should consist of a trickle or so of fresh blood from your nose if you should lean forward or look down. Expect to change the nasal dressing as needed (5-10 times the first evening, 2-3 times the second day, and maybe 1-2 times by the third or fourth day). The minor bleeding is tolerated well by patients; it is allowed in order to avoid painful nasal packing following surgery. Every attempt will be made to avoid the placement of nasal packs if possible; of course, your safety and comfort are important.
  - You *may* use **Afrin Nasal Spray** (available over the counter) as directed to control any persistent or bothersome bleeding. If bleeding should become significant please contact your doctor.
- If you were started on a steroid nasal spray prior to surgery (Flonase, Nasonex, Nasocort, etc.) please begin using it again as directed by your doctor.
- Sinus patients should begin using the **Saline Nasal Rinse Kit** (or saline nasal spray/mist, *available over the counter*) as directed by your doctor. This will reduce the amount of dried secretions and crusting in your nose.
- **Breathing:** you will **not** be able to breathe well through your nose until after your first post-op appointment with your doctor.
- If you had a nasal septoplasty (NSR), you may have surgical splints or packing inside your nose to assist with healing. Your doctor will remove these splints during your first post-op appointment. **DO NOT ATTEMPT TO REMOVE THESE SPLINTS!** Using the sinus nasal rinse kit or saline nasal mist as directed by your doctor will help moisten and remove secretions.
- **Discomfort:** Recovery *may* take 5 to 7 days; patients should take their prescribed medications and avoid any strenuous activities until cleared by their doctor. A pressure headache after surgery is normal, sleeping with your head elevated can help as well as applying ice packs to your forehead for comfort.

<input type="checkbox"/> Saline Nasal Rinse Kit DAY _____ following surgery.
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*\*you may require 1-2 nasal debridement's following surgery billable to your healthcare insurance that may incur additional cost.*

A post-operative appointment has been scheduled for \_\_\_\_\_

LOCATION:

- |  |   |
|--|---|
| <input type="checkbox"/> <b>Southwest</b><br>1555 44 <sup>th</sup> St. SW Wyoming MI 49509 | <input type="checkbox"/> <b>Northeast</b><br>1425 Michigan NE Grand Rapids MI 49503 |
| <input type="checkbox"/> <b>Mecosta</b><br>705 Oak St. Big Rapids MI 49307                 | <input type="checkbox"/> <b>Hastings</b><br>915 W. Green St. Hastings MI 49058      |
|  | <input type="checkbox"/> <b>Greenville</b><br>403 S Nelson St Greenville MI 48838   |

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