Post Operative Care after Nasal or Sinus Surgery

- After surgery you will have silastic splints in your nose to help with healing. These splints will be removed 1 week after surgery in the office.
- Your nose may be packed with dissolvable packing material, with regular saline rinses and flushes this packing will dissolve over the first week after surgery.
- **Every nasal or sinus patient should be spraying or flushing nose with saline daily.**
  *Unless instructed otherwise by Dr. Morris or Dr. Sims*
- Starting the day after surgery spray each nostril with nasal saline spray every 1 to 2 hours, you cannot over do this.
- Starting the second day after surgery each nostril should be flushed or irrigated out with nasal saline solution 3 times a day or more. You cannot over do this.
- If dissolvable packing is in place, you should still rinse and flush with saline.
- After first postoperative visit in clinic, you will continue saline rinses and/or flushes for several weeks after surgery.
- Antibiotics and pain medication will be prescribed.

- Nasal saline sprays can be purchased over the counter.
- Nasal saline flushes or irrigations can be purchased over the counter and you should only use filtered water, distilled water, or previously boiled water to mix with saline packets.
- After surgery, a home recipe can also be used to make the saline mixture if you prefer to do it yourself. This requires a baby blue bulb syringe to use for flushing the solution into the nose.
- Examples of over the counter kits