

**Great Neck ENT  
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Otolaryngology  
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**Post-Operative Instructions Nasal/Sinus Surgery**

1. Keep head elevated.
2. Change gauze pad as necessary. If you are only changing the gauze pad once per hour, leave it off.
3. Do NOT blow your nose.
4. Sneeze with your mouth OPEN.
5. Use 2 sprays of saline solution in each nostril several times a day, beginning the day after surgery.
6. Resume a normal diet on the day after surgery. Stay well hydrated.
7. No strenuous activity for 1-2 weeks following surgery.
8. Take medications as prescribed.
9. Call office for excessive bleeding, temperature greater than 102, visual disturbance.