

Post Operative Care after Nasal or Sinus Surgery

Morris/Sims

- 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.
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- 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

