



Orlando Ear, Nose & Throat Associates, P.A.

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Ear, Nose & Throat

Head & Neck Surgery, Facial Plastic Surgery, E.N.T. Allergy, Hearing Aids

AFTER YOUR NASAL SURGERY

1. Depending on the doctor and type of surgery, you may have different types of packing or splints in your nose. They will remain in place as needed, for up to one week. This may or may not cause nasal blockage.
2. On your first postoperative visit, you will be given instructions for saline (salt water) irrigation. This is to keep the inside of your nose and the surgical site as clean as possible. Irrigation should be done at least twice a day, but can be done more as needed.
3. Your nose will feel congested or "full" after surgery and after pack removal. This is expected and will resolve over time, and with regular irrigation.
4. A nasal spray (other than saline) may be prescribed at some point after surgery. This is to help decrease nasal congestion and speed up the healing process.
5. Strenuous activity, heavy lifting, and aggressive nose blowing should be avoided, as they can cause bleeding. Your doctor will lift these restrictions as you heal.
6. Recovering from sinus and nasal surgery takes 6 to 12 weeks, depending on how quickly you heal. Some days will be better than others, but should gradually improve with time and careful follow-up.
7. Having surgery will not prevent your allergies or respiratory infections, but will allow them to be treated more effectively.