



Post-Operative Instructions After Sinus Surgery

These precautions should be followed after surgery involving the sinus, or a procedure that was close to the sinus. It is important to follow these instructions in order to reduce or minimize the risks of infection, bleeding, pain, and disruption of the sinus membrane.

During the Next 24 Hours:

- Avoid extreme hot or cold liquids and food, such as ice cream, tea, coffee, soup etc.

During the Next 7 Days:

- Avoid anything that causes pressure in your head. Examples include:
 - Smoking
 - Blowing your nose
 - Spitting
 - Swimming
 - Playing a wind instrument
 - Using straws
- Avoid anything that makes you sneeze (dust, allergens). If you have to sneeze, it is better to sneeze with your mouth open, rather than to try to hold it in.
- If you find you have congested sinuses, you may use an over-the-counter decongestant. Consult with the pharmacist to ensure it doesn't interfere with any of your medications.
- You may have nosebleeds - this is normal and should stop with time. Place an old towel on your pillowcase in the event you have bleeding overnight. Pressure on the bridge of the nose will not make it stop faster. If bleeding is significant or persistent, call your surgeon.
- Sleep with your head elevated at about 45 degrees for the first 2-3 days after the surgery

If you plan on **flying in the next 2 weeks**, consult with your surgeon first.

Emergency Phone Numbers

Office
613.234.1211

Dr. Alison McGuire
613.890.3122

Dr. Janelle Hamilton
613.858.9691

Dr. Lyon Hamburg
613.295.0067

Dr. Eugenie MacKay
613.296.5489

Dr. Isabelle Quenneville
613.203.0293

Dr. Amin Alibhai
709.743.4950

Dr. Michael Rapp
613.294.8630

Dr. Karen Fung
613.805.5888

Dr. Sherif Elsaraj
204.440.0000

Dr. Jacob Fitzgerald
613.790.8111