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Instructions following Endoscopic Dacryocystorhinostomy

What to Avoid After Endoscopic Sinus Surgery:

Activity:

- Gentle exercise (walking) is fine, but you should avoid strenuous exercise (running, ball sports and fitness workouts),
- Avoid lifting heavy objects
- Avoid gardening
- Avoid swimming or immersing the eye
- Avoid bending with your head below waist level for extended periods of time (activities such as bowling and yoga)
- Do not wear eye make-up or apply lotion to the incision. Use only the prescribed ointment or eye drops.
- Your tube will be removed in 8-12 weeks

Nose Blowing and Straining: You should avoid straining, stooping, heavy lifting until you follow up with your physician on your first post op visit. Straining and bending over soon after surgery may cause bleeding. **If you have to sneeze, open your mouth and cough your sneeze out of your mouth. DO NOT blow your nose or remove anything from your nose until you follow up with your physician on your first post op visit.**

- **Aspirin or Non-steroidal Anti-inflammatory (NSAIDs) medications:** Aspirin and NSAIDs such as Motrin, Advil, and Aleve should be stopped 2 weeks prior to surgery. Aspirin and NSAIDs such may cause bleeding and should be avoided for 2 weeks after surgery.

Post-operative Care Instructions:

- **Bleeding:** It is normal to have some bloody discharge for the first 3-5 days after sinus surgery, especially after you irrigate your sinuses. You may dab your nose with tissue but **avoid any nose blowing**. If this does not stop the bleeding you

may **use Afrin spray**. Several sprays will usually stop any bleeding. If Afrin fails to stop steady nasal bleeding then you should call our office or the on call doctor

- **Nasal Saline Spray:** Nasal saline mist spray must be used frequently after surgery and can make your nose more comfortable after surgery. These sprays (Ayr, Ocean, Simple Saline) are over-the-counter medications and can be purchased in any pharmacy.
- **Bacitracin ointment:** Use Bacitracin Ointment (over the counter) in each nostril 2 times a day or more if needed. Place a large amount on you finger and put inside of nose. Sniff and gently pinch nose together. It will get where it needs to go.

Your tube will be removed in 8-12 weeks

Your physician will send 3 prescriptions in for after surgery. One will be and antibiotic and one will be pain medicine and one will be your eye drops. Please pick these prescriptions up at your pharmacy BEFORE your scheduled surgery.

When to Call After Surgery:

- Fever after the day of surgery higher than 101°F
- Sudden visual changes or eye swelling
- Steady, brisk nose bleeding that doesn't get better after using Afrin

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