



INTEGRATED MEDICAL SERVICES
EAR • NOSE • THROAT
SINUS CENTER

13555 W McDowell Rd, Suite 104
Goodyear, AZ 85395
(623) 512-4199 Office
(623) 512-4176 Fax
www.imsaz.com/ent

Daniel D. Charous, MD
Yvette Thorson, PA-C
Sondra Andersen, PA-C

Nasal Surgery Post-operative Instructions

Depending on particular problems, you may have had procedures to straighten your nasal septum (Septoplasty) Improve the breathing passages (turbinate reductions or ethmoidectomy) or open sinuses (balloon Sinuplasty)

**** It is normal to experience some oozing and bleeding out the front of your nose and down the back of your throat after this procedure. Notify office with excessive bleeding****

Please follow these simple instructions:

1. No heavy lifting or straining.
2. Sneeze with your mouth open.
3. Do not blow your nose forcefully
4. Do not pick your nose.
5. Tylenol is best for pain.
6. Use Neilmed Nasogel. Apply to the inside of the nostrils 4 times per day.
Think of this as "Chapstick for the nose".
7. Use Bacitracin ointment 1-2 times per day. Apply to the inside of the nose using a Q-tip.
8. Start Neilmed Sinus Rinses, after your first post-op visit. It is normal to see clots, debris, or other material coming out of your nose

You may experience some congestion post operatively, due to dissolvable material that was placed in your nose as a support that will be removed at your first post-operative visit.

You may be prescribed Steroid or antibiotics in some cases. Take this as directed until the medicine is gone.

You may also have a prescription for narcotic pain relievers, which you should use sparingly, on an as-needed basis. Tylenol or Motrin is OK to use for pain in substitute for prescription pain reliever.