



- Sneeze through your mouth 1 week following surgery.
- No nasal steroids for 3 weeks (Rhinocort, Nasacort AQ, Flonase, and Nasonex).
- Avoid nose trauma- no balls, dogs, children, contact sports, etc. Do not lift heavy objects, strain, bend down from the waist, participate in vigorous activities or exercise for 1 week following surgery.
- Patient may return to school the day after surgery. Patient may also need to be taken out of PE and sports activities for up to one week. This is dependent on the patient's recovery process.
- If you have heavy bleeding, foul smelling drainage, double vision, severe pain or headache, severe facial swelling or if you have any questions or concerns, please **call the office at (309) 585-0370** any time.

**Supplies to have at home prior to surgery:**

Afrin

Ocean Nasal Spray

Neil Med Saline Rinse

Gauze pads and tape

Vaporizer