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### **Post-Op Care and Instructions for Sinuplasty**

1. Schedule a follow up with the physician for 1 week after the procedure.
2. Avoid blowing your nose forcefully for the week immediately following the procedure. If you have to blow your nose do so lightly.
3. Use Afrin, over the counter nasal decongestant, for any bleeding. If you have to sneeze, open your mouth so that the pressure does not come out of your nose.
4. Sleep with your head elevated on pillows for 2 days after the procedure. This will help reduce any swelling.
5. Moisturize your nose multiple times a day with saline spray or gel if your physician gives this to you, start this today.
6. You cannot overuse saline spray or gel so you can use this hourly to prevent nasal dryness.
7. You may go back to work 24 - 48 hours after the procedure. Refrain from vigorous physical activity for 24-48 hours after the procedure.
8. You may resume your blood thinners, aspirin, fish oil, and Vitamin E 2 - 3 days after the procedure.
9. Your physician may give you antibiotics or pain medicine after the procedure. Please take according to the instructions on the bottle.

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