Texas Facial Plastic Surgery and ENT
Sinus Care Instructions

We recommend the NeilMed Nasal Irrigation System
Take a clean, dry 200 mL NeilMed irrigation bottle and place your salt solution in the bottle.
Fill the bottle to the 200 mL dotted line with clean water (preferably boiled, distilled, or sterile)
Screw the cap back on the bottle with the straw securely fitted into the cap
Place your head over the sink and squirt half of the bottle up each nostril as hard as you can tolerate (unless doctor has told you otherwise) – see picture below
At the end of a single rinsing session, your bottle should be empty

Recipe for Salt Solution:
At the grocery store, purchase the following:
• Canning salt (sodium chloride) – this does NOT have iodine in it.
• Baking soda (sodium bicarbonate)
• Distilled or Sterile water (unless you plan on boiling your own)
Measuring instruments (teaspoon and 500 mL markings)

Into 500 mL of boiled, distilled, or sterile water place the following:
• 1 level teaspoon canning salt (sodium chloride)
• 1 level teaspoon baking soda (sodium bicarbonate)
• Fill your bottle with 200 mL of this salt solution (to the dotted line)
• You can store the unused portion for one week only, then discard and re-mix

If you want a larger quantity to last about 8 days then use this recipe:
Into 1 gallon of boiled, distilled, or sterile water place the following:
• 8 level teaspoon canning salt (sodium chloride)
• 8 level teaspoon baking soda (sodium bicarbonate)
(used two times per day this should last about 5 days before discarding anything unused)

Technique for Nasal Irrigation
• Fill the bottle with 200 mL salt solution (see above recipe)
• Lean over sink, looking directly into the basin of the sink.
• Place syringe in nostril and squeeze as hard as you can tolerate
• Repeat with the other nostril
• Gently blow your nose after you are done irrigating
The solution may cause a burning feeling in the nose. This should not be of concern.

Cleaning your bottle
• Every week place the empty nasal irrigation bottle in the dishwasher with a heated drying cycle. It is now sterilized.
If you fail to sterilize your bottle regularly a slime layer will form on the inside the will be full of bacteria. If it is not cleaned, you will be re-colonizing your nose with bacteria.
After Your Visit For Your Nose or Sinus Problem:
Your doctor requests that you accomplish the following items before returning for your follow up visit.

- **Medication:**
  - Nasal Steroids (Flonase): Spray 1-2 sprays up each nostril 1-2 times a day. If you start getting nose bleeds decrease the amount of sprays and the number of sprays per day.
  - Antihistamines (Zyrtec, Claritin): Take tablets as prescribed.
  - Antibiotics (Augmentin, Biaxin, Levaquin): Take course as prescribed.
  - Steroids (Prednisone): Take a tapering course of steroids as prescribed by your doctor.
  - Topical antihistamine (Astelin): Take as prescribed.

- **Nasal Irrigation:**
  - Please see the Nasal Irrigation Sheet for further instructions.

- **Blood Draw:**
  - Please go to the phlebotomy lab prior to leaving the hospital today on the 1st floor to coordinate your labs.

- **Allergy Testing/Shots:**
  - An allergy consult has been placed for you. If you are not contacted within 5 days, call to schedule this at 210 292 0100 or 4278.

- **Radiology:**
  - The radiology department should call to schedule the following for you:
    - CT sinus
    - CT sinus with Image Guidance Protocol
    - MRI skullbase (If you are over 55 you will need labs drawn)

After Your Sinus Surgery
The 6 weeks after sinus surgery are critical for your successful healing. Please adhere to these instructions as best as you can.

- **Nasal Drip Pad:**
  - Your drip pad will be necessary for the first 48 hours and possibly a few days after that. If you experience heavy bleeding out of your nose after your surgery, please call our hospital immediately. Take a 4x4 sponge and fold it corner to corner and tape it to your face with non-latex tape available from a pharmacy.

- **Activities:**
  - Please keep your activities to a minimum for the first 48 hours after your surgery since you are at an increased risk for a severe nose bleed. Slowly
increase your activities back to normal over the next few weeks.
-You will not feel like working for at least 2 weeks after the surgery
-Do not smoke during the first 6 weeks after sinus surgery

- **Medication (when you get home from surgery):**
  - Nasal Steroids (Flonase): Spray 2 sprays up each nostril once daily. Start this the day after surgery.
  - Antihistamines (Zyrtec, Claritin): Resume when you get home.
  - Antibiotics (Augmentin, Biaxin, Levaquin): Take course as prescribed. If you get diarrhea from Augmentin, stop it and call the MD.
  - Steroids (Prednisone): Take a tapering course of steroids as prescribed by your doctor. You will not sleep well and may hallucinate until you get down to 20mg a day. Diabetics should watch their sugars closely. Steroids are extremely important for proper healing. Bear with them.
  - Topical antihistamine (Astelin): Take as prescribed

- **Nasal Irrigation:**
  - Start using nasal saline immediately after surgery every 2 hours while awake for the first 2 weeks. Thereafter irrigate a minimum of four times daily until your doctor tells you that you can go down to twice daily. You should irrigate your nose for at least 6 months after surgery since ciliary motility is impaired for that long after surgery and the irrigation is replacing the normal function of your nasal cell function.

- **Allergy Testing/Shots:**
  An allergy consult has been placed for you. If you are not contacted within 5 days, call to schedule this at 210.468.5426

**Scheduling Your Follow Up Visit:**
Your doctor will need to see you at 1 - 2 weeks after the surgery. Please confirm your appointment after your surgery with your doctor.