

Discharge Instructions & Information - Dr. Javer

1. Call St. Paul's (604-806-9926) to make a follow-up appointment for 4-6 days after surgery
2. Avoid straining, lifting or heavy exercise for 2 weeks after surgery
3. Gentle nose blowing can be started 3 days after surgery
4. If you need to sneeze, do so with your mouth open
5. Plan to take 5-7 days off work (this may be longer in some cases)
6. Do not travel by air for at least 2 weeks after surgery.

Sinuses can take up to 12 weeks to heal completely and scarring may occur if irrigation is not carried out and proper postoperative care is not taken. It is essential that you irrigate as directed below in your order for a successful outcome to your surgery. **Start your first irrigation tonight, then twice daily, three times if possible for 1st week then see Dr.Javer.** Please put one drop of Johnson & Johnson baby shampoo in each rinse. If instructed to do so by Dr. Javer, also add one ampule of Pulmicort in each rinse. See instructions for using Manuka Honey Nasal and Sinus rinse.

What is normal to expect after surgery:

1. A little bleeding from your nose, especially when irrigating
2. Internal nasal swelling or congestion
3. Feeling fatigued, tired, nauseated or stomach upset from the general anesthetic or pain killers (Should not continue for more than 3-4 days)
4. Slight tenderness in the nose and cheek area
5. Slight headache
6. You may have a spacer or splints placed inside your nostrils that will be removed on your first post-operative visit.

Please call our office (or page Dr. Javer at 604-252-4793 if outside office hours) if you experience any of the following:

1. Fever and/or chills
2. Severe facial pain or severe headaches and/or dizziness
3. Facial swelling or eye swelling
4. Strong flow of nasal bleeding or ongoing oozing that will not stop or clot.

*You may also email Dr. Javer with any questions or concerns at sinusdoc@me.com

Start pain medication at: _____, and take as directed.

Instructions for using Manuka Honey Nasal and Sinus Rinse

Preparing the honey rinse: We have provided you with 2 bottles of Manuka Honey. You will need to purchase more. These are available at London Drugs near the Clinic on Broadway & Cambie.

- open a bottle of Manuka Honey Nasal and Sinus Rinse
- boil and cool 500cc of water, so that it is warm
- pour the water into the honey bottle, shake well and place bottle in fridge

Application of honey rinse:

-Start irrigating your sinuses tonight at home, and this must be done 3 times daily

- remove honey bottle from fridge
- pour 120cc into a clean glass cup, and replace the honey bottle in the fridge
- you may warm the solution by placing in a warm water bath if preferred, or let sit on the counter for a few minutes to allow to warm to room temperature, then pour the solution into your irrigation bottle
- add one drop of Johnson & Johnson baby shampoo to each rinse. If instructed to do so by Dr. Javer, in addition to the baby shampoo please also add one ampule of Pulmicort to each rinse.
- bend head forward over a basin or sink
- flush 60cc of the honey rinse into one nostril with the irrigation bottle, aiming towards the eye on the same side, and allowing the rinse to run out through the nose and mouth
- repeat the same procedure on the opposite side
- clean the irrigation bottle with warm soapy water, take apart plunger and allow to air dry

Important points:

- do not use each Manuka Nasal and Sinus Rinse bottle for more than 14 days, discard if after this time
- if the honey starts to froth in the bottle, or to sting when flushing, stop using it and replace with a fresh bottle
- replace the irrigation bottle at least monthly

