

Nasal Irrigation After Nasal Surgery

General Information

You have had one of the following surgeries.

- A **functional endoscopic sinus surgery** corrects obstructed natural openings of the sinuses.
- A **turbinoplasty** reduces the enlarged bony plates inside the nose.
- A **septoplasty** corrects a deviated nasal septum. There is no skin incision. Surgery is done inside of the nose.
- A **closed reduction of a nasal fracture** corrects a broken nose without an incision.
- An **open reduction of a nasal fracture** corrects a broken nose with incisions. The incisions are usually made inside the nose. There is no skin incision.
- A **polypectomy** removes small nasal growths.
- An **ethmoidectomy** removes sinus tissue.
- A **Caldwell-Luc** is a sinus surgery through an incision under the upper lip.
- An **antral window** surgery creates an opening in a sinus cavity to promote drainage.

Incision Site

Congestion, swelling, bruising and bloody drainage are common after surgery. They will decrease over the next 1 to 2 weeks.

- Change your “drip” pad as needed.
- There may be bloody drainage.
- **Do not blow your nose. Follow your health care provider’s directions.**

- Avoid sneezing if possible. Sneeze with your mouth open.
- Take frequent sips of water, chew on ice chips, or breathe humidified air to alleviate dryness.
- Leave any nasal packing or nasal splints in place until your health care provider removes them or tells you to remove them.

Nasal Irrigation

Irrigating your nasal cavities (flushing with water) will help you heal. You will need a pediatric bulb syringe.

Irrigate only if directed by your health care provider after he or she removes the nasal packing or splints.

Follow these directions unless your health care provider gives you other directions:

- Make the solution. Mix 3 teaspoons of salt and 3 teaspoons of baking soda and 1 quart of tap water.
- Lean your head over a sink. Irrigate one nasal cavity with the bulb syringe. Let the solution pass through the nasal cavity and your mouth. Repeat with the other nasal cavity.
- Irrigate every 2 to 4 hours while you are awake.
- Make a fresh irrigation solution every day. (Clean the bulb each day.)
- Continue to irrigate until your follow-up appointment.