



EAR  
NOSE  
THROAT  
HEAD & NECK  
SURGERY

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### **POST-OPERATIVE NASAL, SINUS, AND RHINOPLASTY SURGERY INSTRUCTIONS**

- 1. Unless directed otherwise, do not take any blood thinners, aspirin, or any products containing aspirin as well.**
- 2. After your operation, certain activities may increase the risk of bleeding. Unless your doctor directs otherwise, please refrain from the following:**
  - Blowing your nose.
  - Sneezing with your mouth closed.
  - Any contact with your nose.
  - Bending forward.
  - Physical exercise.
- 3. Use the saline irrigations as instructed.**

*Should you have any questions or concerns, do not hesitate to contact our office.*