



## Patient Information

# Surgical Management of Chronic Rhinosinusitis Postoperative Instructions and Questions

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### Postoperative Instructions From Your Surgeon

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#### Postoperative Pain Plan

- What medications are being used:
- How frequent is the medication being used:
- What medications should be avoided:

#### Postoperative Visit Schedule

- When is the first postoperative visit:
- What will occur during the first visit:
- How frequent should follow-up visits be:

#### Other Postoperative Instructions

- When can you blow your nose:
  - Should you use a straw:
  - Should you use nasal medications or saline:
  - Do you have bending limitations:
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- Should you keep your head elevated:

#### Activity

- What are your initial activity restrictions:
- What are your weightlifting limits:
- When can you return to full activity:

#### Return to Work

- When can you return to work:

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#### Other Questions to Consider for Discussion

1. What should I expect after surgery?
2. Should I expect pain? What medications should I take for pain and how often?
3. Do I need any other medications?
4. Should any of my home medications be held before or after surgery?
5. Can I use my CPAP after surgery?
6. What are my limitations after surgery?

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Shin, J.J., et al. (2025), Clinical Practice Guideline: Surgical Management of Chronic Rhinosinusitis. *Otolaryngol Head Neck Surg*, 172: S1-S47. <https://doi.org/10.1002/ohn.1287>

#### ABOUT THE AAO-HNS/F

The American Academy of Otolaryngology-Head and Neck Surgery (AAO-HNS) represents approximately 13,000 specialists worldwide who treat the ear, nose, throat, and related structures of the head and neck. The AAO-HNS Foundation works to advance the art, science, and ethical practice of otolaryngology-head and neck surgery through education, research, and quality measurement.