



ENT

Associates

Making sense of your family's
hearing, sinus and throat problems

NEUROMARK — Postoperative Instructions

After a NEUROMARK procedure it is normal to experience a short period of mild discomfort that may include: nasal congestion and sinus pressure, difficulty breathing through the nose, a modest amount of bleeding, and headache.

To minimize discomfort during the recovery period and achieve the best surgical outcome, please refer to these notes and recommendations:

What to Expect

- ◆ Congestion and pressure for about a week.
- ◆ Drainage (pink colored) for two to three days.
- ◆ Six to eight weeks for noticeable improvement in rhinitis.

Postop Care / Pain Management

- ◆ Neilmed® Nasal Rinse (neti pot) twice daily until follow-up appointment.
- ◆ Afrin Nasal Spray as needed for bleeding / congestion. Do NOT use longer than five days.
- ◆ Tylenol and Ibuprofen for pain. Prescription pain medications are not typically required for recovery, but can be prescribed if Tylenol is not controlling pain adequately. Alert your doctor if significant pain is an issue.
- ◆ Continue any other nasal sprays you were prescribed. If the spray burns, stop for two weeks, then resume.
- ◆ When you sneeze, keep your mouth open.
- ◆ Avoid blowing your nose for five (5) days after surgery; you may gently wipe and blow your nose with a tissue as needed.
- ◆ To help minimize morning congestion, sleep with your head elevated on 2-3 pillows if possible.

Activity

- ◆ No restrictions on activity. Congestion may increase with strenuous activity, but will not cause any damage.

(continued on back)

Diet

- ◆ No dietary restrictions.

When to call the office:

- ◆ Fever greater than 100.5 degrees Fahrenheit
- ◆ Pain not controlled by pain medications
- ◆ Bright red bleeding not controlled by Afrin
- ◆ Congestion not controlled by Afrin

If you experience any of these symptoms, please call **727-791-1368** during office hours and follow the prompts to speak to a Medical Assistant. If it is after hours, our answering service will notify the physician on call. Please have your preferred pharmacy's phone number available.



For office address and contact information:

Clearwater	Facial Aesthetics Center	St. Petersburg
Countryside	Largo	Tampa (Westchase)
Dunedin	Spring Hill	Trinity