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DISCHARGE INSTRUCTIONS

SINUS DÉBRIDEMENT

The purpose of this information is to explain what to expect after having **SINUS DÉBRIDEMENT**.

After having sinus surgery, it is necessary to undergo sinus débridement, which is the removal of any material in the sinus cavity. This will allow for better healing of the sinuses and for the surgery site to remain clear. This is usually done on a weekly basis for up to four to six weeks after the surgery.

Do use saline and baking soda solutions and a bulb syringe to flush out the sinuses; at least one cup per day. You may use half a cup in the morning and half a cup in the evening. When you flush the sinuses, you may experience some pain or discomfort. This is normal. You will note drainage that may consist of blood, clots and possibly yellowish discharge. This is also normal. You may find that it is easier to flush your sinuses while in the shower.

Please contact our office if you experience any complications or difficulty after your procedure.

I understand the above information and consent to follow the instruction.

Patient or Guardian Signature

Date

Patient or Guardian Name-Printed