

Guidelines for invasive procedure aftercare

Nasal polyp removal

Stay in the hospital	1 night, if necessary, more
Follow-up visits	For 3 months
First shower	On the 3rd day
Restrict eating	12 hours
Any physical exertion is prohibited	2 weeks
You start to feel better	After 3 days
May go to work	After 1 week
Bleeding may occur	For 2 days
Avoid doing sports and physical exertion	1 month
Avoid sexual relations	1 month
Forbidden to smoke	1 month
Avoid using alcohol	1 month
May go to sauna / bath / solarium	After 1 month
Additional information	In case of nasal injury, contact the clinic immediately