



**POST OPERATIVE CARE AFTER hPL /Acell procedure:**

- **Do not blow your nose for a week (if you feel it's necessary, please, do it very gently);**
- **Do not rinse your nose or use any type of nasal sprays for 7 days;**
- **Do not use anticoagulants ("blood thinners") for 3 days;**
- **Do not drink alcohol for 4 days;**
- **Do not work out for 2 days (any kind of exercise that would significantly increase your blood pressure, such as lifting weights, running, etc.);**
- **Do not use ibuprofen or aspirin for 2 days;**
- **Sneeze with an open mouth, especially first 48 hours.**

**What to expect after the injection?**

- **Pain – normally should be mild and bearable without taking any painkillers;**
- **Nose Bleeding – is a normal part of healing process during first 24 hours;**
- **The volume in turbinates is increased, thereby you might experience symptom relief as soon as of today and decreasing over the next week and then slowly improving thereafter.**



**Please, let us know about your progress and e-mail us in a week and a month  
[info@usasinus.org](mailto:info@usasinus.org) or [melanie@usasinus.org](mailto:melanie@usasinus.org)**

**In a case of unpredictable symptoms, call (614) 867-3681 (Melanie Clark) or email us.**