

Sinus Surgery Instructions

Endoscopic sinus surgery is performed under general anesthesia, and involves the use of small telescopes and surgical instruments placed through the nose. The normal sinus openings are widened, and partitions separating certain sinuses are removed. Most patients go home the same day as surgery.

Postoperative Period

Pain

- Discomfort after surgery is more of an ache or pressure than actual pain. This pressure may actually increase during the first week. Headache, gum pressure, discomfort in the roof of the mouth and around your teeth are all considered normal.
- You will be given a prescription for pain medication. Please use this as directed.
- You may also use over-the-counter Tylenol (acetaminophen) **INSTEAD OF** your prescription.
- **DO NOT take aspirin, any medication containing aspirin, or any NSAID medication (ibuprofen, Motrin, Advil, Aleve, naproxen, Celebrex, etc.),** as these medications may cause bleeding after surgery.

Nasal bleeding

- There will be some bleeding from your nose after surgery. Two to three hours after surgery you will see a noticeable increase in bleeding. This is due to the medication wearing off that was used during surgery; this is normal, do not panic. A gauze dressing will be placed under your nose to absorb any blood. It may need to be changed as frequently as every 10-15 minutes for 2-3 hours after surgery and then less frequently for the first 24 hours after surgery. Bleeding may continue to some degree until the packing is removed. Any bright red bleeding that is heavy and continuous, requiring changing of the dressing every five minutes, should be reported to the doctor immediately.

Stuffiness

- It is normal for your head and nasal passages to feel stuffy after surgery. This will gradually decrease over the next few weeks, and your nasal breathing will improve.

Packing

- Absorbable packing is often placed in key areas within the nose during surgery. This gelatinous packing may come out of the nose, and is usually a sign that swelling is decreasing and irrigations are successful. It is OK if the packing falls out before your appointment.

Activity

- Rest for a few days after surgery.
- No heavy lifting or vigorous physical activity for at least one week (this includes jogging, swimming, or other aerobic exercise).
- If you need to blow your nose, do so gently.
- If you need to sneeze, do so with your mouth open.
- Keep your head elevated on pillows when resting.



Medication

It is important to fill all prescriptions written by your surgeon. These may include:

- Pain reliever (Tylenol® with codeine or similar)
- Antibiotic
- nasal saline spray (Ocean® Saline Spray or similar), which can be purchased over-the-counter

You will use the nasal saline spray as often as possible over the next four to six weeks (generally every 1-2 hours while you're awake). This will aid in your comfort and improve your healing time by loosening secretions and keeping the lining of your nose moist and healthy. Vaporizers and steam from the shower are also beneficial in keeping the nose moist.

Follow-up

It is important to keep all of your post-operative appointments. The first appointment will likely be the day after surgery. At this appointment the nasal packing will be removed. After this, you may continue to drip blood for another day or two. Change the gauze dressing as needed. Your next office visit will be for your first cleaning. It may be helpful for you to take a pain medication about one hour before this visit. It is most important for a successful outcome that you come to all post-operative cleanings. These cleanings help prevent scarring and will aid in your return to healthier sinuses.

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