



CARE OF THE PATIENT FOLLOWING ENDOSCOPIC SINUS SURGERY

Please Read and Follow These Instructions for the Best Outcomes Following Your Surgery!

What To Expect Following Surgery

Bleeding – A drop from the nose and into the back of the throat is normal for the first two days following surgery. For flowing blood (like a faucet), contact the ENT Doctor on call.

Nasal congestion, fullness, facial pain, headache, and disrupted sleep are normal for the first week and are an expected part of the healing process. This will improve after the first few weeks following surgery.

Nasal Irrigations

Good postoperative irrigation on your part is essential to a successful outcome! Please start the irrigations the day after your surgery.

Instructions:

Use the Irrigation bottle/method mixed with a sterile saline solution at least three times per day (1 bottle per nostril).

Use distilled, bottled, or boiled water tap to make up the saline solution according to the instructions.

Activity

- Minimize your activities with only light activity for the first week following surgery. Walking is encouraged, as this promotes blood flow through your legs and helps prevent deep vein clots.
- Listen to your body! If you feel tired over the first few days, you should rest.
- No nose blowing, stooping, straining, or heavy lifting (greater than two bags of groceries) for one week after surgery.
- Sneeze with your mouth open.
- Sleeping with your head elevated will reduce bleeding from the nose.
- If you have been prescribed a CPAP machine, do not use it until your doctor says it is safe; sleep in a recliner chair with your head elevated in the meantime.

Medications

Resume your home medications, with the following exceptions:

Do not take any aspirin-containing products or blood thinners (Goody's, BC Powder, or Bayer Aspirin) until told to by your surgeon.

Do not take any intranasal medicines until told to by your surgeon.



Most patients don't experience significant pain following sinus surgery.

For mild to moderate pain, please use over-the-counter Tylenol (Acetaminophen) and Motrin (Ibuprofen) as per the instructions on the bottle.

For severe pain, please take your pain medicine prescription as directed. Never drive a vehicle or operate heavy machinery when taking prescription pain medication.

Driving

Do not drive within 24 hours of receiving anesthesia.

Do not drive while taking prescription pain medication.

Follow-Up

You will have important follow-up appointments starting about one week following surgery.

If you do not have an appointment, please contact us.

Call our office (478-743-8953) or go to the Emergency Room immediately if you have any of the following:

- Any vision problems/changes
- Fever over 101
- Neck stiffness
- Heavy or prolonged bright red bleeding from the nose