



## ENDOSCOPIC SINUS SURGERY

**Endoscopic sinus surgery** is performed through the nasal openings and is recommended only after it has been determined that medical management has been unsuccessful. Surgery does have risks, including the possibility of postoperative bleeding, eye complications (visual impairment), intracranial injury (brain damage or infection), leakage of cerebrospinal fluid, persistent or recurrent nasal obstruction due to failure to fully control polyps, and recurrent nasal or sinus infections. The risk of surgery should generally be less than that of untreated or undertreated sinus disease. Imaging and endoscopic findings considered along with your clinical status following medical evaluation and therapy will help determine a tailored sinus surgery plan for your disease.

## POSTOPERATIVE INSTRUCTIONS

**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 2 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 (like NeilMed or Neti Pot) mixed with a sterile saline solution at least 3 times per day (1 bottle per nostril). Use distilled, bottled, or boiled water from the 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 2 bags of groceries) for 1 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.

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 1 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°F
- Neck stiffness
- Heavy or prolonged bright red bleeding from the nose

Please contact our office at 478-743-8953 if you have any questions or concerns.