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Ear, Nose & Throat Associates of Texas, PA

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*Otolaryngology/Head and Neck Surgery*

## Sinus Surgery Instruction Sheet

### Instructions Before Endoscopic Sinus Surgery

Generally, endoscopic sinus surgery is done on an outpatient basis. You will need to arrange to have someone drive you home after surgery. Please check with your insurance company regarding hospitalization policies and whether you need a second opinion prior to surgery.

**Do not eat or drink anything after midnight before surgery.**

### After Surgery

**Dressing:** Bright red to light red drainage from the nose is normal for 3-6 days following surgery. The outside gauze dressing needs to be changed when soiled or saturated. A 4 x 4 gauze pad folded in half over the nostrils, held in place with a strip of paper tape is sufficient. It can be normal to change the dressing 12-24 times over the first 24 hours.

**Packing:** Nasal packing is not usually used after surgery. Do not attempt to blow the nose forcefully. It is normal to have bad breath or small a foul odor during the post-operative period. In some cases, we use packing material that slowly absorbs over time. If you have this type of packing it does not need to be removed after surgery.

**Medications:** Headache, sinus, or nasal discomfort is common after surgery and you should have medication for this. Antibiotics and/or a moisturizing saline spray may be prescribed.

**Activity:** No swimming or strenuous activities should be performed for 5-7 days after surgery as this might cause bleeding. No lifting over 10 pounds or heavy straining is permitted until 5 days following surgery.

**Diet:** Eat and drink normally. Avoid alcoholic beverages while taking medications.

**Follow-up:** You will need to be seen by your doctor for follow-up in 7-10 days following surgery depending on the presence or type of packing used, or need for post-operative cleaning. Specific instructions will be given to you at the time of discharge. An appointment is necessary and should be made before leaving the hospital.

**Saline Irrigations:** Six (6) hours after your sinus surgery, saline irrigations are recommended to reduce crusting and to keep the sinus opening clear. You can purchase an over the counter saline kit at your local pharmacy (Neil-Med). Alternatively, you can make you own. Mix 1 teaspoon table salt in 1 quart warm water. Use a "blue-bulb" syringe (available) at your local pharmacy, lean over a sink and irrigate both nasal passages. Irrigate four to five times per day until your post op appointment.



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**Call your doctor immediately if any of the following occur:**

- Excessive, bright red bleeding
- A lot of clear watery drainage from the nose, or salty tasting drainage down the throat
- Double or blurred vision
- Decreased ability to move or close eyes, or eye pain
- Fever over 101 degrees Fahrenheit
- Stiffness or pain in the neck or decreased alertness

If you have medical questions or concerns, please call **972-731-7654**, and choose **option 3** to speak to (or leave message) for the nurse. To expedite care, please note the patient's date of birth, spell the patients full name, and leave your name/relationship and best phone number.

T (972) 731-7654  
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