

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

Bleeding: 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. If the bleeding is more significant than this, please use the following steps:

1. Perform a vigorous saline rinse.
2. Gently blow your nose (to get the clots out).
3. Spray 4 sprays of OTC Afrin Nasal Spray (or decongestant spray) in each nostril every 4 hours as needed.
4. Hold pressure (pinch entire nose closed, both sides) for 20 minutes.

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. You can restart any oral allergy medications the day following surgery. You can restart any medicated nasal sprays 3 days after surgery.

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. At that appointment, a nasal endoscopy will be performed to clean out your nose to help minimize scar tissue formation (debridement). This appointment should have been made by your doctor's **Surgery Coordinator** at



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Otolaryngology/Head and Neck Surgery

the time of scheduling the surgery. If you are unsure if you have a post operative appointment scheduled, please reach out to your doctor's **Surgery Coordinator** to verify your post operative appointment.

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 and then continue two to three time per day for at least 4 weeks.

Contact your doctor's office for the following:

- Excessive, bright red bleeding that DOES NOT respond to measures described above.
- Double or blurred vision.
- Decreased ability to move or close eyes, or eye pain.
- Temperature above 102 degrees that DOES NOT respond to Tylenol or Motrin. The fever may go up and down, but as long as it responds to Tylenol or Motrin, it is OK to monitor.

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