



NASHVILLE EAR, NOSE & THROAT CLINIC

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ENDOSCOPIC SINUS SURGERY

Every patient's surgery is different and these instructions are only guidelines. Your doctor may change portions of these instructions. If you develop problems after this procedure it may be due to the anesthesia or the operation. Common anesthetic effects include nausea, itching, and sedation. You should recover quickly from these effects; however, some patients do not feel back to normal until the following day after surgery.

Recall the conversation you had with your doctor prior to undergoing the surgery. The surgery involved operating through the nose using endoscopes and long instruments to remove and/or widen the openings to your sinuses. He may have removed polyps or infected material along the way.

Packing: Typically, the packing the doctor uses is absorbable and will not be removed post-operatively. However, if the doctor had to put other packing material in your nose, it is usually in the form of rolled up pieces of gauze with a string attached to help remove them the next day. This can be done in the office or by you at home. You should soak the packs with Afrin or Neosynephrine nasal spray 5-10 minutes prior to removing them as directed.

Bleeding: Elevate your head and lean forward. Spray Afrin or Neosynephrine nasal spray in your nose to help stop the bleeding. If it persists call **615-386-9089**. If you have high blood pressure, be sure to take your medicine as prescribed. Avoid Aspirin and Ibuprofen containing products for 2 weeks after surgery.

Pain: You will be prescribed narcotic pain medications after surgery. Most of these already contain Tylenol, so do not take additional Tylenol. If the pain is not controlled, call 615-386-9089. Remember that your doctor and his associates may not prescribe controlled substances over the phone.

Congestion: Expect to have nasal congestion or stuffy nose, especially if your nose is packed overnight. Once the packing is removed, your ability to breathe out of your nose will improve remarkably. However, due to the swelling and nasal splints, you may still notice nasal congestion for up to 7 days after surgery.

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Nose Blowing: Do not vigorously blow your nose as this may cause bleeding. After about 2 weeks, your nasal lining will be healed enough to allow you to blow your nose again. If you feel the need to blow your nose, blow out from both nostrils at the same time or instill nasal saline spray and wash it back.

Activity: Your activity is limited for 2 weeks after surgery. Do not perform any strenuous activity or pick up anything heavier than a gallon of milk.

Nasal Irrigation: You are encouraged to use nasal saline spray on a regular basis after surgery once the packing is removed. You should spray the salt water into each side of the nose at least every 2-4 hours while awake. This will help with any crusting and facilitates your post-operative cleaning in the office.

Diet: There are no restrictions. You may choose a bland diet while taking the stronger pain medications and antibiotics to avoid upsetting your stomach.

Prescriptions: Your doctor will prescribe pain medication, salt water nasal spray, and prophylactic antibiotics. You should purchase over the counter Afrin or Neosynephrine nasal spray to have at home to use **as directed by your doctor**.

What to look out for: Call the office at 615-386-9089 if you notice any change in your vision, eye swelling, fever over 101.5, persistent bleeding, or pain not helped with the medication. You may need to be seen in the office or emergency room.