

Endoscopic Sinus Surgery

General Information

Ask your healthcare provider about:

- Changing or stopping your regular medicines. This is especially important if you are taking diabetes medicines or blood thinners.
- Taking medicines such as aspirin and ibuprofen. These medicines can thin your blood. Do not take these medicines unless your healthcare provider tells you to take them.
- Taking over-the-counter medicines, vitamins, herbs, and supplements.

Do not use any products that contain nicotine or tobacco, such as cigarettes and e-cigarettes. If you need help quitting, ask your healthcare provider.

Plan to have someone take you home from the hospital or clinic. Plan to have a responsible adult care for you for at least 24 hours after you leave the hospital or clinic. This is important.

Do not drive for 24 hours if you were given a sedative.

After your surgery stay hydrated.

What to Expect

Pain: Most patients complain of a dull headache or sinus pressure for a few days. Usually extra-strength Tylenol is often all that is needed. If that is not sufficient, you may use the pain medication prescribed by your doctor.

Bleeding: It is normal to have some bloody discharge for the first 5 days after sinus surgery, especially after you irrigate your sinuses. Avoid blowing your nose for 1 week. If you have to sneeze, sneeze with your mouth open.

- Unless otherwise directed by your surgeon, it is also safe to gently hold a constant pressure on the soft part of your nose for ten minutes to stop any bleeding.
- If you see an increase in bleeding, you may try spraying a non-prescription decongestant spray such as Otrivin or Afrin (oxymetazoline). Several sprays will usually stop any bleeding.
- If the bleeding is steady then you should call the office or visit the emergency department.

Nasal congestion: Post-nasal drip and congestion can also be increased for several weeks. A humidifier at night can help with nasal and sinus congestion.

Smoking significantly increases post-operative inflammation and severely increases nasal crusting.

Medicines

Take over-the-counter and prescription medicines only as told by your surgeon or nurses.

If you were prescribed an antibiotic medicine, take it as prescribed by your surgeon. **Do not** stop taking the antibiotic even if you start to feel better.

Start using your **saline** nasal spray or rinse as directed the day after your surgery.

Do not use any nasal **steroid** sprays for two weeks.

Activity

- **Do not** lift anything that is heavier than 20 lb (9.1 kg), avoid exercise and limit any exertion for at least two weeks following surgery.
- **Do not** fly in an airplane or put your head completely underwater for two weeks.
- After two weeks, you can slowly return to your normal activities.

Call a Doctor if:

- You have a fever;
- You have constant, clear water discharge after the first week of surgery;
- You have a sudden development of visual changes or eye swelling;
- You develop a severe headache or neck stiffness; or
- You have steady, brisk nose bleeding that doesn't get better after using Otrivin/Afrin.

Questions for Your Doctor/Other Instructions:

