



Lubbock
SINUS DOCTOR

Postoperative Instructions for Endoscopic Sinus Surgery

1. Depending on the extent of surgery it may take 1 to 3 hours of general anesthesia.
2. Nasal packing is not usually required. Persistent oozing from the nose is common for 3-5 days. Change the nasal drip pad as needed. It should not "gush." Call if you are experiencing bleeding that is "gushing." Treatment in the office or operating room may be needed to stop the bleeding.
3. Bothersome nasal congestion for at least two weeks after surgery is common. It may be worse than it was before surgery. This is swelling in the nose. Give it time. It will improve. Nothing can be done to resolve it any quicker. Sleep in a recliner or with your head elevated on a few pillows for the first 1-2 weeks after surgery.
4. You may be prescribed pain medicine, antibiotics, and prednisone.
5. No strenuous physical activity for 2 weeks. Do not blow your nose for 2 weeks.
6. An ice pack over the nose may be soothing for the first 2 days.
7. You may vomit some dark blood. This is blood swallowed during the surgery.
8. Fevers up to 7 days after surgery are not uncommon.
9. Stitches/sutures in the nose will dissolve or be removed in the office. You may apply antibiotic ointment to the anterior nostrils to soften crusts. You may use peroxide on a Q-tip to soften crusts.
10. Since the surgery is changing the inside of the nose, it may alter airflow in the nose. Because airflow is altered, this may alter the sense of smell. It is usually an improvement. However, some patients may have a permanent decreased sense of smell. It is impossible to predict if a permanent decreased sense of smell will develop.
11. Sinus surgery has two major complications. It is not expected that they will occur but you need to know the possibility does exist. The sinuses are located between the eyes and under the skull base. Thin layers of bone separate the sinuses from the eye socket structures and the cerebrospinal fluid around the brain. These areas are thus susceptible to injuries during sinus surgery. Injuries to the contents of the eye socket could cause double vision or vision loss. A cerebrospinal fluid leak would require additional surgery and may lead to brain infections such as meningitis. In either of these situations, prolonged hospitalization may be necessary.
12. Chronic sinusitis is a difficult problem to cure. In addition to your surgery, there is a great deal of postoperative care. Surgery will help relieve sinus obstruction. However, the sinus membranes are chronically inflamed and infected. It takes a lot of care to recover healthy sinus membranes and resolve the chronic infection. It is extremely important to irrigate your nose and sinuses after surgery. "Dilution is the solution." This is done with saline/salt water solution. After your first postoperative appointment, begin the saline irrigations. Irrigations should be done 2 to 4 times a day. Chronic sinus problems may require long term treatment with irrigations. Office appointments after surgery require time spent removing dried blood and mucous from the nose with nasal scopes and suction.
13. It is important to understand that sinus surgery does not cure sinus problems forever in everyone. For the majority of patients, it significantly improves chronic symptoms and quality of life. However, future medical and surgical treatment may be necessary.

I, _____, confirm that I have read and understand the information provided before the date of surgery.

Signature

Date