



Dr André van Straten
MBCChB, FCORL (SA), MMED (Stell)

Oor-neus-en-keelspesialis
Ear, nose and throat specialist

POST-OPERATIVE ADVICE – SINUS SURGERY

What to expect and do after Endoscopic Sinus Surgery

This procedure may be done as a day-case, in which case you can expect to go home on the same day as the surgery. Dr Van Straten may also opt to keep you overnight in hospital. This will be communicated to you when booking the surgery

Expect to wake up with a pad which is worn under the nose. This serves to catch drips of blood and protect your clothing and bedlinen. Mild oozing of the nose for up to 16 hours immediately post sinus / nasal surgery is normal and to be expected.

Absorbable gel placed in your nose and sinus cavities during the surgery to help a bit with bleeding and also encourage healing. If you also had surgery to the nasal septum as part of the procedure, you will wake up with blue nasal stents in your nasal passages. This makes breathing through your nose difficult, but it luckily improves after the stents are taken out.

Back home:

- Crusts and/or scabs always form on the fresh surfaces of the operated sinuses following sinus surgery. Rinsing the nose with saline solution at least three to four times a day will get rid of these crusts while at the same time also encourage healing of the sinuses. Please rinse your nose as often as you can for the first three to four weeks following surgery.
- You may be prescribed some steroid ampules to mix in your Salex SSR bottle to rinse your nose with for a couple of days. If this is a requirement in your case, it will be on your prescription
- Steroid nose sprays must be used as usual .
- For the first week after the surgery, you should refrain from blowing your nose too hard, as this may lead to air bubbles being forced into tissues around your eyes.
- Although most healing usually takes place within the first two weeks, the sinuses and septum generally take up to six weeks to heal. In this time, it is normal for you to experience a worsened post-nasal drip, nasal congestion and have some crusting in your nose. Be encouraged as this is temporary and will continue to improve until healing is complete.

Pain and pain control:

This is generally not a very painful operation, but post-op pain medication will be provided. Use them as directed on your prescription.

When to call me:

- Bleeding - Significant bright red bleeding which does not easily stop.
- Sudden swelling and pain around the eyes
- A bad smell and yellow nasal discharge, which may indicate infection

Follow up:

I would like to see you after about a week to remove any large crusts from your nose and sinuses. Please make an appointment.