

POSTOPERATIVE INSTRUCTIONS FOR ENDOSCOPIC SINUS SURGERY



Endoscopic sinus surgery is performed under general anesthesia. Surgery lasts 1 to 4 hours depending on the extent of surgery and the severity of sinus disease. Patients will spend 2-3 hours in recovery before being discharged home.

Postoperative medications: Take all of your home medications except for blood thinners or aspirin. Each patient has a unique medical regimen based on his or her specific needs. Medications will usually include some combination of antibiotic, prednisone, saline spray or rinse, and pain medications. Pay attention to all of your prescriptions and take your medications as directed.

Diet: There are no dietary restrictions after sinus surgery.

Activity: Do not engage in any strenuous activity for 2 weeks after surgery. Avoid blowing your nose for 2 weeks after surgery. If you must sneeze, try to sneeze through your mouth. You may be more comfortable if you sleep with several pillows or your head of bed elevated for several days. Do not drive while taking prescription pain medications.

Things to expect:

1. You may feel very congested and have facial pressure. Many patients equate the feeling to that of a cold.
2. You may experience some mild oozing of blood from your nostrils or in your throat. You can apply a gauze bandage under your nose if necessary.

When to call:

1. Fever greater than 102 F.
2. Continuous bleeding or profuse bleeding from the nose or mouth.
3. Uncontrollable or severe pain or headache.
4. Visual changes, double vision, swelling or bruising of the eye or eyelids.