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ENDOSCOPIC SINUS SURGERY
POSTOPERATIVE INSTRUCTIONS

You have just undergone surgery of your nose and nasal sinuses. Don't be alarmed if you experience continuous slow bleeding for the next day or two. In fact, if you are discharged from the hospital with a nasal dressing (moustache dressing), it is not unusual to have to change this dressing 8-10 times during the first night because it gets blood soaked. If bleeding is brisk, spray AFRIN nasal decongestant spray into your nose (4-6 sprays per nostril). This usually slows the bleeding substantially. If brisk bleeding continues, call the office for further instructions.

Besides bleeding, other major problems we always watch for following sinus surgery are eye injury and brain injury. These problems are quite rare. Nevertheless, you were observed in the recovery area for several hours following surgery to make sure that there was no evidence of such an injury. If you develop problems with vision, swelling around one or both eyes, extreme sleepiness, difficulty thinking, weakness or paralysis of the arms or legs, call my office immediately.

If an appointment has not already been made, you should call for an appointment with me. The first post-operative appointment should be 1 week following surgery. During those first days following surgery you should:

1. Start nasal saline spray (Ocean Spray) the night after surgery. Spray several squirts into each nostril 4-5 times per day for the first 24-48 hours after surgery. After this, start the more vigorous Neil-Med sinus rinses at least twice daily for 4 weeks. This will rinse clots and scabs from your sinuses.
2. If you were prescribed an antibiotic, you should take this until it is finished (usually 7 days).
3. Avoid nose blowing. This is to help decrease bleeding during the early postoperative period. Also, occasionally air can be forced into the tissues around the eye during those first few days if vigorous nose blowing is undertaken.
4. Sleep with your head elevated for several days following surgery. This will both increase your comfort as well as decrease some of the bleeding you might otherwise experience.
5. Take the pain medicine that has been prescribed. You will probably find that by the second or third post-operative day, your pain should be decreasing significantly. Narcotic medications can often produce nausea, especially when taken on an empty stomach. Also, it is not unusual to experience constipation when taking narcotics.

If there are any problems or questions that arise during your post-operative period, please don't hesitate to call the office.