

## ENDOSCOPIC SINUS SURGERY PATIENT INSTRUCTIONS

1. After going home, change the pad under the nose as often as necessary and keep the head elevated (above the heart) at all times. Sleep with head elevated on pillows.
2. You will be prescribed pain medications and, possibly, antibiotics or steroids to take after surgery. The pain is usually not severe, but your nose will be congested and mild headaches are normal for several weeks. You may resume any other medications you have been taking unless advised not to do so by the doctor.
3. You may eat anything, but it is best to start with liquids and gradually work up to solid foods, since nausea or vomiting can occur the first 24 hours after surgery. Call the doctor if you cannot keep any food or liquid down.
4. ON THE DAY AFTER SURGERY: If there is no more bleeding onto the drip pad under the nose, you may remove it. If instructed by your doctor, remove the telfa pads. Pull the strings taped to the side of the nose. Start the saline spray to each nostril 3 to 4 times a day. Occasionally bleeding will continue up to 48 hours.
5. ON THE THIRD DAY AFTER SURGERY: Start flushing your sinuses with the saline solution and bulb syringe. Fill the syringe and flush gently in each nostril until you get a clear return. Do this 3 times a day. You may also use the *NeilMed* sinus rinse kit, available at our office or at many drug stores. TIP: When flushing the nose, say the letter “**K**” repeatedly (ie. kay-kay-kay-kay-kay) or *pant like a dog* to keep the saline from running down the throat.
6. DRAINAGE: It is normal to have some blood-tinged drainage for several weeks after surgery when flushing. If active bleeding occurs or if the drainage becomes yellow/green, contact our office.
7. DO’S AND DON’T’S: Do not blow your nose for one week after surgery. Sniffing back is acceptable, but do not blow. No strenuous activity, including sex, for one week after surgery. After that, you may begin gentle aerobic exercises. You will be given instructions when you can increase your activity at your first postoperative visit.
8. EMERGENCIES: Call immediately for a decrease in vision or double vision. This may be a serious problem, and you may need to come in to the emergency room at once. Call for temperatures over 101.5°F, swelling around the eye, excessive bleeding (soaking more than 3 gauze pads per hour), or for other questions that you may have. For problems or emergencies call the office at (727) 341-0551.

## COMPLICATIONS

- **BLEEDING:** Call our office if you soak 3 gauze pads in less than an hour or if you experience any significant bleeding after the first 3 days.
- **SCARRING:** Every effort is made during surgery to prevent scarring. Often it is mild and can be taken care of in the office. Sometimes it is severe and will require additional surgery to correct.
- **DAMAGE TO EYE:** The sinuses are very close to the eye. Rarely, damage to the eye can occur and it usually involved only a crack to the bone. If damage occurs, it can lead to abnormal tearing, double vision, or decreased vision or blindness.
- **SPINAL FLUID LEAK:** The sinuses are also close to the brain. A crack in the skull base can cause spinal fluid to leak. This is very rare but can lead to clear fluid leaking from your nose or meningitis. If a spinal leak is detected, it will be corrected during surgery.
- **REVISION SURGERY:** If you have nasal polyps, surgery will not cure them. You will be closely observed in our office, and repeat surgery may be needed in the future.