POSTOPERATIVE CARE AFTER ENDOSCOPIC SINUS SURGERY

What to expect after surgery:

• After the operation, it is normal to have mild headaches, nasal congestion, and/or bloody discharge from the nose.
• You will be discharged from hospital the same day unless there is a medical indication for admission.

Pain control:

• Endoscopic sinus surgery is surprisingly not very painful. Usually Tylenol or extra-strength Tylenol is all that is needed. You may be given a prescription for pain medication to use as instructed if the pain is intolerable. DO NOT USE aspirin or aspirin-related products (Motrin, Advil, Aleve, etc.) for 2 weeks before and after surgery as these will thin the blood and increase bleeding.

Nasal Care:

• It is essential that you irrigate or douche your nasal cavities with saline (salt water) solution at least twice a day after surgery. This is to help remove blood clots and improve healing.
• You may use the Sinus Rinse® bottle, a large suction bulb, or a syringe to irrigate your nasal cavities over the sink. Saline solution can be made by mixing the following:
  • ½ tsp of salt
  • ¼ tsp of baking soda
  • 6 oz (180ml) of warm water
• If the saline solution is too irritating, you may dilute it with more water.

Activity:

• Do not blow your nose for 2 weeks after surgery
• Avoid strenuous activity such as heavy lifting, running or sports for 2 weeks as this may precipitate nosebleeds.
• If possible, have your head elevated when lying down.
Follow-up Appointment:

• Your first follow-up appointment will be approximately one week after surgery
• Appointments thereafter will depend on the disease and healing

Complications:

• Call the office at 618-939-4368 if you experience the following:
  • Fever, higher than 101 degrees F
  • Any visual changes or marked swelling of the eyes
  • Severe headache or neck stiffness
  • Severe diarrhea
  • Brisk bleeding