

Lake County ENT/Head & Neck Specialists

Phone (847) 662-4442 Fax (847) 662-4446

Post-operative Instructions Following Sinus Surgery

This procedure is performed with the patient asleep (general anesthesia). Small telescopes are gently inserted through the nostrils to illuminate and magnify the nasal and sinus cavities on a video monitor. The surgeon uses delicate, angled and curved instruments to open or dilate the sinus drainage pathways.

Prior to Endoscopic Sinus Surgery

- Avoid taking aspirin or aspirin containing medicines, Advil, Motrin or any other NSAIDS for 10 days prior to surgery.
- Take antibiotics and prednisone, if prescribed.

Following Endoscopic Sinus Surgery

The procedure generally takes one to three hours and most patients go home the day of surgery. Most patients require nasal packing that will dissolve after the surgery. Mild nasal oozing is expected during the first 2 days. Patients can eat a normal diet and are allowed to perform light activity including walking the day after surgery. Patients begin rinsing the nose and sinuses with saline solution twice daily on the day after surgery. A follow up visit one week after surgery allows for cleaning of the nasal and sinus cavities. Post-operative care of the healing nose and sinuses is just as important as the surgery itself. Scheduled visits to remove crusts and clots minimize scar tissue and post-operative infection. The first post-operative visit and cleaning can be uncomfortable and we recommend that patients take a dose of the prescribed pain medicine prior to the appointment. Most patients return to normal activity, including exercise regimens, in 10-14 days.

THINGS TO DO

- Take pain medicines as prescribed
- Take antibiotics, if prescribed:
- Call us at (847) 662-4442 to confirm your post-operative appointment.
- Start your nasal saline irrigations the day after surgery. Use Neil Med Sinus Rinse at least twice daily.
- Sneeze or cough with your mouth open
- Eat a regular diet
- Take your pain medicine 30 minutes before your first post-operative visit

THINGS TO AVOID

- Any heavy activity including lifting children and exercise for 1 week
- Blowing your nose or picking at your nose
- Taking aspirin or aspirin containing medicines, Advil, Motrin or any other NSAIDS
- Flying without your doctor's clearance for 3-5 days after surgery

Call the on call doctor immediately if any of the following occur:

1. Change in vision
2. Increased swelling around the eyes
3. Neck stiffness
4. Continued Nausea or Vomiting
5. Bright red blood that lasts more than ten minutes or causes choking
6. Fever over 101.5 degrees