

Postoperative Instructions following Endoscopic Sinus Surgery or Surgery on the Nasal Septum and Turbinates

Now that your surgery has been completed, you will begin the postoperative care phase of your treatment. Following these guidelines is important in assuring that you have a successful outcome.

It is normal to have some bleeding for several days following surgery. The nasal tip dressing should be worn to catch any bloody drainage and should be changed as needed. You may remove the dressing when there is no further bloody discharge.

Do not blow your nose for one week following surgery. After one week you may blow your nose very gently. If you have to sneeze or cough, do so through your mouth while it is open.

Begin using saline nasal sprays every 2-3 hours during the day to keep your nose and sinuses moist. This will ensure proper healing and help wash out any blood clots or crusts. You should continue this until your doctor gives further instructions.

Take only Tylenol or pain medication prescribed by your surgeon. Avoid aspirin and ibuprofen containing products. Also avoid blood thinners, vitamins, homeopathic and herbal supplements.

We recommend taking a dose of your prescribed pain medication 1 hour before your first office visit following surgery. Do not drive if you are taking a narcotic pain medication.

If you are prescribed antibiotics, these may cause gastrointestinal upset in some patients. Eating active culture yogurt may help to alleviate these symptoms. If you develop severe diarrhea, stop the antibiotics and call our office.

If you are prescribed prednisone, carefully follow the dosing schedule as prescribed.

Please refrain from all strenuous activity for at least two weeks, including bending, lifting heavy objects, or straining. You may begin light exercise (e.g. walking) one week after surgery.

Several weeks after your surgery you may notice some dark brown nasal discharge. This represents old blood and mucus being cleared from the sinuses and is normal. It does not represent a sinus infection.

Make an appointment to see the doctor 7-10 days after surgery. Anticipate frequent return visits to our office for sinus cleanings over the next 4-6 weeks or until appropriate healing of the sinuses can be assured.

Call our office as soon as possible if you experience any of the following

- 1) Persistent fever above 101F
- 2) Profuse clear salty drainage from the nose
- 3) Any visual changes or marked swelling around the eyes
- 4) Severe headache or stiff neck
- 5) Severe diarrhea
- 6) Persistent brisk bleeding