

Postoperative Care After Endoscopic Sinus Surgery



General Instructions

You may experience lightheadedness, dizziness, and sleepiness due to anesthesia. For the next 24 hours:

- A responsible person should be with you at home.
- **DO NOT** drive a car, operate machinery or power tools.
- **DO NOT** drink any alcoholic beverages, including beer or wine.
- **DO NOT** sign important papers or make important decisions.

Diet

- Drink 6-8 glasses of fluids every day (water, juice, jello, popsicles, etc.). Avoid citric acid beverages. Prevention of dehydration is important and improves pain control and healing.
- Advance to a soft diet or regular diet as tolerated.

Medications

- Complete the entire course of prescribed antibiotics.
- Use the prescribed pain medication as needed after surgery. As pain improves, you may alternate with or change to a non-aspirin pain medication, such as acetaminophen, Tylenol or ibuprofen, in the recommended dosage. **Do not take aspirin.**
- Begin sinonasal irrigations 2 days after surgery. Irrigate twice a day regularly using the sinus irrigation kit provided (refill packets available on the internet and some stores). Irrigating helps clean and moisturize the sinonasal passages and helps prevent infection and excessive crusting.
- You may use nasal saline spray/mist (i.e. Ocean, Ayr or ½ tsp salt in 8 oz. Water): 2 sprays in each nostril 5-10 times daily for 2 weeks. Use more frequently for dryness or crusting.
- Use antibiotic ointment twice daily just inside each nostril for 2 weeks.
- You may take over-the-counter antihistamines and decongestants as needed.
- You may use an over-the-counter nasal decongestant spray as needed for up to 5 days after surgery.

Activity

- Avoid strenuous or aerobic activity, or lifting more than 20 pounds for 2 weeks after surgery.
- Sleep with your head elevated on 2 pillows for several days after surgery.
- You may return to work after 2-5 days with light duty work restrictions for up to 2 weeks.
- Avoid contact with people who have colds or upper respiratory infections if possible.
- Avoid excessive exposure to dust or fumes for 2 weeks after surgery.

(continued care instructions on back)

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Wound Care

- Avoid vigorous nose blowing for 2 weeks. You may blow your nose gently. Humidification in a warm shower and frequent use of nasal saline is very helpful.
- It is common to have some bloody drainage from your nose after surgery. You may wear a nasal snuff/mustache dressing taped under the nose as needed.
- You may have generalized tenderness of the nose and upper teeth for several weeks after surgery.

Follow-Up Appointment

Call the office at **541-334-3370** to schedule your appointments at 1, 2, and 4 weeks after surgery for sinus cleaning.

- You may wish to take pain medication ½ hour prior.
- Please have a driver for your first two postoperative visits.

Call 541-334-3370, select Option 2, if any of the following occur:

- Persistent or excessive bleeding from the nose.
- Foul smelling nasal discharge, purulent drainage, or concerns of infection.
- Temperature of 102°F or higher.
- Persistent nausea, vomiting or dehydration.
- Change in vision or double vision.
- Confusion and/or severe