

## Endoscopic Sinus Surgery Postoperative Instructions

### After Surgery

You'll spend one to two hours in a recovery area with a nasal dressing to absorb bloody drainage, which should be minimal. When you're no longer too groggy from the anesthetic and have no unusual nausea or bleeding, you'll be discharged. Be sure to have someone drive you home.

### Home Recovery

Taking a few precautions during the first few weeks after surgery can help prevent complications and speed your healing. Take it easy for about a week, during which time you may take medication for pain, anti-inflammatories for swelling, and antibiotics to prevent infection. For the first few days, sleep with your upper body elevated to keep pressure off your head. You'll be given instructions about ongoing care, which can help you minimize future infections or allergies and their effects.

### The First Few Days

- Change the gauze (mustache bandage) in your nose as needed to control bleeding.
- Use salt-water rinses as prescribed by your doctor to keep your sinuses moist.
- Mix 1/4 teaspoon salt and 1/4 teaspoon baking soda in eight ounces of fresh, warm water.
- Use a bulb syringe to squirt this solution into your nose a few times a day

### The First Few Weeks

- Take medication as directed by your doctor.
- Continue to use salt-water rinses.
- Use a humidifier regularly to keep mucus and blood from drying up.
- Keep your appointments with your doctor.

### Ongoing Prevention

#### **DO'S**

- Aid drainage by keeping your sinuses moist and mucus thin:
  - Use a humidifier.
  - Drink several glasses of fluids daily.
  - Use salt-water rinses when you get a cold.
- Follow up with your doctor a couple of days after surgery. Your doctor will check your progress and remove any nasal dressing. You'll need frequent, brief visits after endoscopic surgery to clear out old blood and mucus. This promotes faster healing and

helps to prevent complications.

- Consult your doctor about additional, long- term follow-up.

### ***DONT'S***

- Increase the risk of bleeding by
  - Blowing your nose.
  - Exercising, straining, lifting, or bending forward.
  - Eating hot or spicy foods.
- Travel by plane for a few weeks after surgery to avoid pressure changes and the drying effects of airplane air.
- Take drying medication such as antihistamines, unless prescribed by your doctor.
- Expose yourself unnecessarily to substances that cause you to have allergic reactions.
- Use dehydrating substances such as alcohol and coffee or expose yourself to irritants such as cigarettes.

### **Call your doctor:**

- If you're bleeding excessively.
- If you have signs of infection, such as fever, yellow or greenish drainage.
- If you have unrelieved headache, or increased pain.
- If you have decreased or double vision, a stiff neck, or you feel extremely fatigued.