

# ENDOSCOPIC SINUS SURGERY

1. Activity: Light to moderate activity is recommended. Avoid heavy lifting and straining for the first week after surgery. Nose blowing initially should be gentle and minimal. Forceful nose blowing can lead to nasal bleeding. Elevating the head while resting or sleeping may be helpful.
2. Packing: Your surgeon may place packing and/or plastic splints within your nasal cavity after the surgery. Your surgeon will let you know when these will be removed.
3. Nasal Saline Irrigation: Your physician may recommend mechanically cleaning your nose and sinuses with nasal saline. This can remove blood and mucus from the nose and help with healing after surgery. Nasal saline spray is available over the counter. You can also make a saline solution with the following recipe: - 1/2 tsp table salt - 12 ounces of water (clean tap or boiled water) - Pinch of baking soda
4. Pain: Some pain after sinus surgery is expected. It is generally of moderate severity. Take the pain medicine as prescribed by your physician.
5. Fever: Low-grade temperature after sinus surgery is common. You should notify our office if your temperature is 101°F or greater.
6. Bleeding: Some bloody nasal and postnasal drainage after sinus surgery is expected. You will receive information before leaving the surgical facility regarding how much bleeding is expected or normal. Call the office if your bleeding becomes excessive.
7. Nausea/Vomiting: Nausea is fairly common after sinus surgery. Most often it improves significantly the day after surgery. You may be given a prescription medicine to help with nausea. Call the office if you need help managing your nausea or vomiting.
8. Vision Changes: Changes Call the office if you have any decrease in vision or double vision. Some mild blurriness after surgery can be related to eye ointment used at the time of surgery.
9. Clear Nasal Drainage: Call the office if you notice a large amount of clear nasal drainage after surgery, especially if it is one-sided and if it varies with change in position. Very infrequently, a CSF (spinal fluid) leak may occur. Call your physician if you have any concerns about clear nasal drainage.