

EAR, NOSE AND THROAT SPECIALISTS OF NORTHWESTERN PA

3580 PEACH STREET • ERIE, PENNSYLVANIA 16508 • PHONE 814/864-9994

ENDOSCOPIC SINUS SURGERY POSTOPERATIVE INSTRUCTIONS

The following are general instructions. There may be some variations in what you are told. If you have any questions, please ask your doctor or nurse to clarify these questions.

Following sinus surgery the nasal and sinus linings may take up to three months to return to normal. Because of this, you may experience nasal congestion, headaches or other nasal symptoms until the surgical site has healed.

1. Do not blow your nose, bend forward, lift heavy objects or strain yourself following surgery.
2. Expect some drainage from the front of the nose as well as the back of the nose. This may last for two (2) weeks or more. This is due to the fact that the sinuses will accumulate some blood within them after surgery. Frequent use of over the counter saline spray is advised to keep packing and nasal tissue moist. Common brand names are Salinex or Nasal
3. As noted above, your nose will be “stuffy” due to swelling of the area. Use Afrin Decongestant two (2) sprays in each nostril, 2 to 3 times a day for one (1) week, if instructed to do so.
4. Nasal packing may or may not be placed in the nose. Nasal packing will be removed within 24 to 48 hours. When the pack is removed in the office, expect your nose to bleed. (Therefore, please do not wear your Sunday whites to the office!)
5. You will be instructed at some point after surgery to cleanse your nose with a Grossan nasal irrigator. Our office will provide you this irrigator. You will need to purchase or borrow a WaterPik to irrigate your nostrils. More detailed instructions will be given in the office. Do not start this until instructed to after surgery - usually one week postop.
6. Nasal steroid spray may be prescribed. Do not begin to use this until instructed at a postop visit. Plan on using it on a regular basis for one (1) or two (2) years after surgery.
7. Nasal/sinus surgery tends to be uncomfortable and you are encouraged to take your pain medicines as prescribed. If an antibiotic is prescribed, take it as directed.

Approximately one week after surgery you will be seen in the office and your nose will be cleaned using a sinus endoscope and suction device. Although your nose will be numbed with a novocain type spray, this procedure initially can be uncomfortable. It is important to have your nose cleaned. The reason for this is the area in which we are operating is very small and it must be kept cleaned in order to have adequate drainage. **You will be seen in the office for multiple weeks after surgery in order to have your nose cleaned.** This is an integral part of endoscopic sinus surgery care. Taking your pain medicine or Tylenol one hour prior to your appointment may help ease the discomfort.

8. If you develop bleeding from your nose while at home, you may use approximately five (5) sprays of Afrin on the bleeding side. Wait several minutes and use five (5) more sprays of Afrin, wait several more minutes and use five (5) more sprays of Afrin. If the bleeding then continues, call our office immediately.
9. A physician from our office is available 24 hours a day to answer your questions at 864-9994.