

CommunityENT

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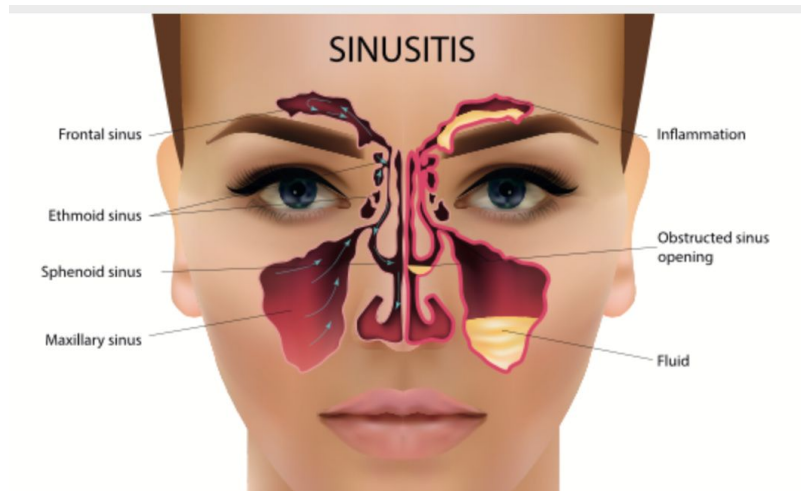
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Endoscopic Sinus Surgery Post Operative Instructions

What is sinusitis?

Sinuses are air-filled cavities in the bones of your face. These cavities are lined with mucous membranes. Sinusitis is a condition in which these membranes swell and become inflamed or blocked with mucus.



What happens during endoscopic sinus surgery?

During surgery, you are asleep under general anesthesia. The surgeon uses small telescopes to get a close up view of the nasal cavity and sinuses. Special instruments are used to remove bony partitions in the sinuses. The natural sinus drainage pathways are enlarged and diseased mucosa, polyps and infectious material are removed.

What are the possible complications?

Nasal bleeding is a complication of any nasal surgery. If you are bleeding, apply Afrin on a cotton ball and gently place it inside of the bleeding nostril. You can also apply ice to the bridge of the nose, pinch the nose just above the tip and hold for 10 minutes. If this does not stop the bleeding, call the office to speak to the physician on call. While these surgeries are effective, there are times when the surgery does not alleviate the desired symptoms and occasionally further surgery is required. Loss of sense of smell, while rare can occur after nasal surgery and this can be temporary or permanent. In rare cases spinal fluid leaks can occur, if discovered intraoperatively your surgeon will patch the leak. Due to the location and proximity near the eye, orbital complications are possible such as orbital hemorrhage, temporary or permanent vision loss.

What can I expect after surgery?

You will have dissolvable nasal packing or expandable tampons in your nose. Typically the tampons are removed before you are discharged from the operative facility. The dissolvable gel packing will absorb over the first 2 weeks after surgery.

Bloody or mucous drainage is common for up to 10 days after surgery.

Facial pressure, pain and congestion are common after surgery. In few patients, the pain is moderate. A humidifier or vaporizer may be used to prevent throat pain from mouth breathing. It is normal to have some intermittent congestion for up to 2 weeks after surgery depending on allergy history etc. Your sense of smell and taste may be diminished during this time. You may experience tenderness or numbness in your upper teeth.

Do NOT BLOW YOUR NOSE forcefully or pull at any strings you see hanging from your nose. Blowing your nose forcefully could result in air in your orbit or a nosebleed. Pulling at strings that are most likely suture material can affect the result of your surgery.

What do I need to do at home

You need to rest quietly when you get home from surgery. Ice packs to the nose and face are helpful. Sleeping in an upright position (in a recliner) can also help.

No heavy lifting (more than 10lbs), no bending or stooping to lift, and no vigorous exercise until you are cleared to do so by your provider.

You can take pain medications as prescribed. Tylenol is fine to substitute for pain medications. Depending on your surgeon, it may be okay to take Advil or Aleve after surgery. Do not take Aspirin. Migraine medications should be reviewed with your surgeon before taking them and should not be taken with narcotic pain medication.

Constipation is a common side effect of narcotic pain medications. If this occurs, take an over the counter laxative and avoid straining with bowel movements.

Depending on your surgeon, he/she may recommend or prescribe nasal sprays or antibiotics. Saline spray helps the nose to heal and you should use a saline product such as (Ocean Spray, Ayr nasal saline or Xlear saline spray) at least 4 times a day. Depending on your surgeon, he/she might recommend Afrin (oxymetazoline spray) after surgery. Your surgeon will tell you when to start saline rinses after surgery (Neti-pot or NeilMed Sinus Rinse.) Alcohol consumption is not recommended until you are off all surgical related medications. Smoking is discouraged as it can compromise the nose from healing.

Can I take my sinus/allergy medication?

You should avoid any allergy nose sprays (Fluticasone, Flonase, Mometasone, Nasonex, Rhinocort, Azelastine etc) until your 1st post-operative visit. It is okay to take antihistamines like Zyrtec or Claritin, but make sure you are keeping your nose moist. Antihistamines can dry out the nasal mucosa,

When do you follow-up? When can I go back to work?

Follow-up is typically 7-14 days after surgery. At that visit your provider will clean out your nose with a scope, which should improve nasal airflow and allow the surgeon to visualize the nasal cavity. For some patients, this cleaning can be uncomfortable, but it is necessary for ideal healing after sinus surgery.

Most patients can return to sedentary jobs (desk, school work) 4-5 days after surgery. Occupations that require heavy lifting and strenuous activity should not be performed for 10 days after surgery. Discuss with your surgeon when the appropriate time is to return to work.

When should I call my doctor?

You should call your doctor if you have any foul odor in the nose, discolored nasal secretions, severe headache or neck stiffness, persistent clear drainage from the nose, or a temperature over 101.5

You should call your doctor IMMEDIATELY if you have profuse bleeding from the nose, vision changes or noticeable swelling of the eye or face.

Post operative infections can occur up to 6 weeks after the surgery.

