



## **POSTOPERATIVE CARE AFTER ENDOSCOPIC SINUS SURGERY**

### **What to expect after surgery:**

- After the operation, it is normal to have mild headaches, nasal congestion, and/or bloody discharge from the nose.
- You will be discharged from hospital the same day unless there is a medical indication for admission.

### **Pain control:**

- Endoscopic sinus surgery is surprisingly not very painful. Usually Tylenol or extra strength Tylenol is all that is needed. You may be given a prescription for pain medication to use as instructed if the pain is intolerable. **DO NOT USE** aspirin or aspirin-related products (Motrin, Advil, Aleve, etc.) for 2 weeks before and after surgery as these will thin the blood and increase bleeding.

### **Nasal Care:**

- It is essential that you irrigate or douche your nasal cavities with saline (salt water) solution at least twice a day after surgery. This is to help remove blood clots and improve healing.
- You may use the Sinus Rinse® bottle, a large suction bulb, or a syringe to irrigate your nasal cavities over the sink.

Saline solution can be made by mixing the following:

- ½ tsp of salt
  - ½ tsp of baking soda
  - 6 oz (180ml) of warm water
- If the saline solution is too irritating, you may dilute it with more water.

### **Activity:**

- Do not blow your nose for 2 weeks after surgery
- Avoid strenuous activity such as heavy lifting, running or sports for 2 weeks as this may precipitate nosebleeds.
- If possible, have your head elevated when lying down.



**9 Convenient Locations:**

Shiloh | Columbia | Edwardsville  
Breese | Greenville | Red Bud  
Highland | Mt. Vernon | Waterloo

**Follow-up Appointment:**

- Your first follow-up appointment will be approximately one week after surgery
- Appointments thereafter will depend on the disease and healing

**Complications:**

- Call the office at 618-939-4368 if you experience the following:
  - Fever, higher than 101 degrees F
  - Any visual changes or marked swelling of the eyes
  - Severe headache or neck stiffness
  - Severe diarrhea
  - Brisk bleeding