

Ear Nose & Throat
C O N S U L T A N T S
o f E a s t T e n n e s s e e

Endoscopic Sinus Surgery

Comfort Measures:

- Sleep and rest with your head elevated on extra pillows for the first couple of days. This helps to decrease the swelling and pain.
- A cool mist humidifier used at night will help to alleviate a dry mouth due to nasal obstruction from the packing and swelling.
- Pain medications should be taken routinely for the first day or so. It is best to “stay ahead” of the pain rather than waiting until the pain gets very uncomfortable as the medication will not help as much then. You may take Tylenol for mild pain, however do not take aspirin, Aleve, Motrin, Advil, etc. as these can thin the blood and increase the chances of bleeding.
- If an antibiotic is ordered, take all of the medication.
- Steroids may be ordered to help reduce the swelling. Be sure to follow the dosing schedule.

Wound Care:

- You may have packing in your nose that will be removed at the first office visit after surgery. You should then be able to breathe through your nose. After the packing is removed, you may **very gently** blow your nose, one nostril at a time.
- Your doctor may order saline nasal irrigation to be continued for quite some time. You will be instructed in how to do this if it has been ordered. While tilting the head backward, use the bulb syringe to instill a drop or two of saline solution in one nostril and sniff. Repeat 2-3 times, then irrigate the other nostril.

****Recipe for saline solution irrigation****

1 level teaspoon table salt & 1 level teaspoon baking soda dissolved in 1 quart luke warm water.

- Change the nasal drip pad as needed. Bloody drainage that slowly oozes is normal during the first few days after surgery. Small blood clots and bloody nasal drainage may occur, especially after irrigation, for a week or so.

Activity:

- Rest for the first day or so, then gradually increase your activity as you feel up to it. Avoid any strenuous activity, lifting or straining until instructed to resume normal activity.
- Nasal bleeding will increase with excessive activity.
- Do not drive a car for at least 24 hours after surgery since the medications used to sedate you will remain in your system. Avoid driving while taking pain medication as well.

Notify your physician for any of the following

- 1. If the nose is accidentally bumped or hit.**
- 2. Fever 101 degrees or higher**
- 3. Persistent nausea or vomiting.**
- 4. Severe pain unrelieved by medications.**
- 5. Nasal bleeding that is profuse or does not stop after decreasing activity. Afrin nasal spray may be sent home with you to use to help decrease bleeding. BEFORE USING AFRIN NASAL SPRAY, CALL YOUR DOCTOR.**