

ENDOSCOPIC SINUS SURGERY

What to Expect after Endoscopic Sinus Surgery

1. Nasal Drainage

Right after surgery, you will have drainage from your nose. At first, there may be a small amount of bright red bleeding; but do not be alarmed. A small amount is normal and may continue through the first week. A gauze dressing will be placed on your upper lip to absorb this drainage. It may be necessary to change the dressing several times on the day of your surgery. Old blood, which accumulated during surgery, is dark reddish-brown. It will drain for a week or more. It is of no concern. Drainage may continue for several weeks. The drainage may be thicker and yellow-green in color. This is also normal.

2. Nasal Congestion

For the first week after surgery, your head will feel stuffy. This is because you have swelling of the mucous membranes of your nose. This is normal and expected. The stuffiness will gradually decrease over the next few weeks. So, please be patient. After this, an improvement in your nasal breathing should be noticed. Nasal packing may or may not be left in place after surgery. If you do have this packing, you will need to return to have it removed by your doctor.

3. Discomfort After Surgery

There is some pain after surgery. Pressure may increase somewhat during the first week. This is due to increased swelling and accumulation of sinus secretions. If a pain medication is prescribed, take as directed according to surgical post op instructions. For additional pain relief, place ice packs over your cheeks every three or four hours for 15 to 20 minutes.

4. Medications

Take all medications as prescribed by your doctor. Usually, an antibiotic will be ordered to prevent an infection. Decongestants, nasal sprays and sometimes a mild steroid may be used to aid with healing and comfort. If you are taking medications for pain, please call the office during regular office hours if refills are needed. We are unable to refill narcotics outside of normal business hours. You should make sure you have enough medication to last through the night, weekends and holidays.

We recommend that you eat before arriving for your appointment. Also, take your pain medication one hour prior to the first and second visits. If you are taking narcotics, have someone drive you. These medications may cause drowsiness. On occasion, it may be necessary for you to have something stronger for pain at that first and second visit. The doctor will discuss this option with you.

Precautions During the First Week

1. **Activity:** Even though your surgery may seem minor, it is not. Your body needs additional rest for healing. You should plan to stay at home the day of and possibly the day after surgery. Observe for bleeding during this time. You should gradually increase your activities over a one week period. Physical activity (swimming, jogging, exercise) may be resumed after two or three weeks, if approved by your surgeon.
2. **DO NOT BLOW YOUR NOSE.** It is important that you do not blow your nose. You may sniff back or irrigate secretions. Blowing the nose places too much pressure on the operative site. It may cause bleeding. Usually, you may blow your nose after the first post-op visit.
3. **Sneezing:** If you must sneeze, do so through your mouth with your mouth open. Sneezing through your mouth reduces pressure and discomfort of the operative site.
4. **Do Not Lift Heavy Objects.** Avoid bending over and lifting heavy objects (over ten pounds) during the first two weeks after surgery. These activities place pressure on the operative site and may cause bleeding.