



ENT AND FACIAL PLASTIC SURGERY

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Endoscopic Sinus Surgery: Postoperative Care Instructions

During the postoperative phase of your treatment, your full participation is critical to the success of your surgery. The following guidelines will help to assure a successful surgical outcome.

Immediately after surgery:

- 1. Bleeding:** It is normal to experience some bleeding during the first 72 hours. This should slow considerably after the first 24-48 hours. If bleeding occurs, tilt your head back slightly and breathe gently through the nose. You may dab your nose gently with tissue, but do not blow your nose. You may use a few sprays of Afrin to shrink the blood vessels. You may choose to wear the drip pad which was likely given to you at the surgery center. If the gauze of the drip pad requires changing every 60 seconds or less or extensive bleeding persists, please call the office at 703-448-0005. If after hours, please page the doctor on call.
- 2. Medications:** The first night after surgery, the only medication you need to take is pain medication as needed. If you wish a non-narcotic alternative, extra-strength Tylenol is often sufficient. Start your antibiotics and oral steroids (if prescribed) the day after surgery. If you were using a nasal steroid spray pre-operatively, you do not need to restart it now (it will be restarted one week after the surgery). Do not take aspirin or aspirin-related products (Motrin/Advil/Aleve, etc.) for at least three days after the surgery.
- 3. Saline:** The day after surgery, start spraying your nose with saline mist spray 2-3 sprays each nostril every one to two hours throughout the day (Ayr, Ocean, or Simply Saline brands, which are available over-the-counter). Also, begin sinus rinses 3-4 times a day using the NeilMed Sinus Rinse. Moisture is critical to proper healing. You will need to moisturize and rinse your nose for at least 2-3 weeks after surgery.

The first week:

- 1.** Do not blow your nose for the first week. After 1 week, you may blow your nose gently. If you need to sneeze, do not suppress it but instead sneeze with your mouth open.
- 2.** Refrain from strenuous activity for one week, including bending, straining, or lifting more than 20 lbs. Light walking and normal household activities are

acceptable immediately after surgery. You may resume exercise at 50% intensity after one week, and full intensity at two weeks. You may drive the day after surgery if you are **not** requiring narcotic medication.

3. If you experience stomach upset from your antibiotics, active culture yogurt or acidophilus tablets (available at health food stores or Whole Foods) on a daily basis may help. If you develop diarrhea, stop your antibiotics and contact our office. Persistent diarrhea may require further medical evaluation.

Beyond the first week:

You will have frequent return visits to our office for sinus cleanings. At each visit, a procedure called nasal endoscopy will be performed, with possible debridement (cleaning), in order to assure appropriate healing of the sinuses. Visits typically occur 1, 2, and 4 weeks after surgery. We recommend taking a dose of pain medication about 45 minutes to one hour before your first postoperative visit, as long as someone can accompany you to your visit. Please write down any questions you may have so that we can answer them at your appointment.

At any time:

Call our office if you experience any of the following:

- Fever higher than 101°F
- Clear, watery nasal drainage
- Any visual changes or marked swelling of the eyes
- Severe headache or neck stiffness
- Severe diarrhea
- Brisk bleeding

If you are having concerns or problems, please call the office (703-448-0005) to speak to Dr. Dreyfuss or his nurse. If after hours, the pager number will be given for the doctor on call. If an emergency, please call 911.