

The Oregon Clinic, Plaza ENT Division
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Patient Information- Post Endoscopic Sinus Surgery Instructions

You have had endoscopic sinus surgery to enlarge the native drainage pathways of your sinuses. The tissues of the nasal cavity are affected by this operation and will be tender and swollen until healing is complete (4-6weeks). Following the instructions below will help to make you more comfortable during the post-operative period and will encourage rapid, uneventful healing.

What to expect:

1. You can expect oozing of blood-tinged mucus both down the back of your throat and from your nose. This slows down significantly after the first 24-48 hours.
2. There will be associated nasal crusting, moderate tenderness and swelling (congestion).
3. Nausea and even vomiting following general anesthesia is not uncommon. As old blood from the sinuses is swallowed, these symptoms may worsen. Nausea and vomiting usually fade after 12-24 hours. Try to sip liquids to avoid dehydration. If the nausea is severe, please notify our office.
4. Antibiotics and pain medication should be taken as directed.
5. If you have had a septoplasty as well, clean the nasal area, upper lip and inner edge of the nostrils with hydrogen peroxide daily. Apply ointment (Neosporin or bacitracin) to the inner edges of the nostrils once or twice a day to reduce crusting for 1 week.
6. Start saline irrigations 2 times a day. We recommend the NeliMed Sinus rinse. If you cannot tolerate this, use nasal saline sprays (3 puffs to each nostril) at least 3 times a day.
7. If there is more bleeding that you would expect or if the congestion is severe, you can use Afrin (2 puffs to each nostril) up to 3 times a day for several days. If the bleeding is not improving within a couple of hours, please call our office.
8. Do not blow your nose until after you have been seen for your first post-operative visit. Gentle sniffing is permitted. If you have to sneeze, please do so with an open mouth.
9. Avoid any strenuous activity which may raise your blood pressure until the first post-operative visit. Avoid bending over and straining if possible.
10. You may shower and bathe as you normally would the first day after surgery.
11. Avoid smoking and drinking alcoholic beverages.
12. Call the office at **503-488-2400** if you experience any of the following:
 - a. Fever greater than 101 degrees
 - b. Persistent bright red nasal bleeding
 - c. Marked swelling/redness of the nose
 - d. Severe headaches/changes in your vision

Instructions Given By: _____

Patient Released To: _____ Date: _____