

## Post-Operative Care Instructions for Endoscopic Sinus Surgery

### About Post-Operative Care Visits

Post-operative visits are a necessary part of the surgery that help promote healing and prevent persistent or recurrent disease. You will usually be seen within one week post-operatively for debridement (removal of crusts from your nose). You should plan on a family member driving you to and from the first two post-operative office visits.

Continued debridement will be done at future visits, as well as removal of persistent inflammation or scar tissue under local anesthesia if necessary. Although chances of complications from these manipulations are rare, the potential risks are the same as with the surgery itself.

### What You Can Expect to Experience

You can expect some bleeding from your nose for several days after the surgery and again after each office debridement. When bleeding occurs down the front of your nose or into the back of your throat, you should tilt your head back while sitting up and breathe gently through your nose. If bleeding persists for an extended period of time, notify our office.

As the sinuses begin to clear themselves after two to three weeks, you can expect to have some thick brown drainage from your nose. This is mucus and old blood and does not indicate an infection.

You may experience some discomfort post-operatively due to manipulation and inflammation. Take your pain medication as directed (often extra-strength Tylenol is sufficient). You may wish to take medication for pain prior to your post-operative visits, particularly early on, when the nose is most sensitive. If the medication is sedating, be sure to have someone available to drive you.

### Some Important Post-Operative Do's and Do Not's

**DO NOT** blow your nose until you have been given permission to do so (usually one week following surgery).

**DO NOT** bend, lift or strain for at least one week after surgery. These activities will promote bleeding from your nose. You should not plan on participating in rigorous activity until healing is completed.

**DO NOT** suppress the need to cough or sneeze, but cough or sneeze with your mouth open.

**DO NOT** resume use of any aspirin-containing products until after discussing this with us. Typically, you can restart after 7-10 days.

**DO** use nasal saline spray (without decongestant) every hour while you are awake until instructed otherwise. This helps moisten your nose and prevents large crusts from forming.

**DO** continue your antibiotics until instructed otherwise. Diarrhea from antibiotic usage can lead to a serious health problem. This can often be prevented by taking acidophilus daily, which is found in yogurt with active cultures or as tablets in a health food store. If you should experience diarrhea, stop the antibiotic and notify us. Further evaluation may be required.

**DO** notify us for any of the following: temperature elevations above 100.5 F, clear watery drainage from your nose, changes in vision, swelling of the eyes, worsening headache or neck stiffness.

**DO NOT** hesitate to contact our office for any emergency at 813-974-4683. After hours contact 813-974-2201, or go to the emergency room nearest you.

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