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POST OPERATIVE INSTRUCTIONS

ENDOSCOPIC SINUS SURGERY

1. You have just undergone surgery of your nose and nasal sinuses. Don't be alarmed if you note some continuous slow bleeding for the next day or two. In fact, if you are discharged from the hospital with a nasal dressing (moustache dressing), it is not unusual to have to change this dressing 8 to 10 times during the first night because it gets blood soaked. If bleeding is brisk, spray AFRIN nasal decongestant spray into your nose (4-6 sprays per nostril). This usually slows the bleeding substantially. If brisk bleeding continues, call my office for further instructions, **301-774-0074**.
2. Besides bleeding, other major problems we always watch for following sinus surgery are eye injury and brain injury. These problems are quite rare. Nevertheless, you were observed in the recovery area for several hours following surgery to make sure that there was no evidence of such an injury. If you develop problems with vision, swelling around one or both eyes, extreme sleepiness, difficulty thinking, weakness or paralysis of the arms or legs, call my office immediately.
3. If an appointment has not already been made, you should call for an appointment with me (301-774-0074). The first post-operative appointment should be between 5 and 8 days following surgery. During those first days following surgery, you should:
 - A. Use nasal saline spray (e.g. Ocean Spray, Ayr Spray, etc.) 10 to 20 times per day into each nostril. This will prevent crusts and clots from forming in your nose.
 - B. If you were prescribed an antibiotic, you should take this until it is finished (usually 7 to 10 days).
 - C. Avoid nose blowing. This is to help decrease bleeding during the early post-operative period. Also, occasionally air can be forced into the tissues around the eye during those first few days, if vigorous nose blowing is undertaken.
 - D. Sleep with your head elevated for several days following surgery. This will both increase your comfort as well as decrease some of the bleeding you might otherwise experience.
 - E. Take the pain medicine that has been prescribed. You will probably find that by the second or third post-operative day, your pain should be decreasing significantly. Narcotic medications can often produce nausea, especially when taken on an empty stomach. Also, it is not unusual to experience constipation when taking narcotics.
4. Any problems or questions that arise during your post-operative period should be addressed by calling my office (301-774-0074). During evening hours, weekends or holidays, our answering service will immediately contact me or one of my associates.

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