

## **Endoscopic Sinus Surgery Post-Operative Information**

- 1. Activity:** Do not do any heavy lifting (more than a gallon of milk) or straining for the first week. After this period you may gradually increase your activity as tolerated. You may return to work when you feel up to it, although most people find it necessary to take about one week off. This varies from patient to patient and from procedure to procedure. Fatigue for the first several weeks after surgery is normal and expected.
- 2. DO NOT BLOW YOUR NOSE UNTIL INSTRUCTED THAT IT IS OK TO DO SO:** If your nose is congested you may irrigate as needed (see instructions).
- 3. Bleeding and Drainage:** Immediately after surgery it is normal to have bloody drainage from your nose. This small amount may continue for a couple of days and should easily be contained with the drip pad. Bright red blood that rapidly (i.e. less than 5-10 minutes) soaks the drip pad should be reported to the office immediately if conservative measures do not help (ice on the nose, 4 sprays of Afrin to each side) Otherwise, change the drip pad as needed.
- 4. Keep your head elevated for the first 48-72 hours:** This helps decrease swelling and reduce bleeding. If it is impossible for you to sleep with your head elevated, you may sleep laying down however you will notice significantly more nasal congestion when you get up in the morning.
- 5. Diet:** It is not uncommon to have nausea and vomiting after a general anesthetic. For this reason it is helpful (regardless of how you feel when you get home) to start with liquids and then begin eating bland foods. Advance your diet to your normal diet the day after surgery if you are doing well. If post-operative nausea is a problem you have had with other procedures, please let us know so that Dr. Dubin can prescribe medications for this.
- 6. Discomfort:** There is normally some discomfort/pain after surgery but this varies greatly from procedure to procedure and from patient to patient. For this reason it is difficult to predict. You will be given a prescription narcotic, which you should take WITH FOOD as prescribed. If you are having minimal discomfort, Tylenol may be used as per the instructions on the bottle. Keeping your head elevated helps with swelling and therefore discomfort. **DO NOT TAKE ASPIRIN, MOTRIN OR ANY SIMILAR PRODUCTS LISTED ON THE PRE-OPERATIVE INSTRUCTIONS AS THEY MAY SIGNIFICANTLY INCREASE BLEEDING.**
- 7. CONTINUE TO AVOID ASPIRIN, ASPIRIN CONTAINING PRODUCTS** (i.e. Excedrin), **IBUPROFEN, ALLEVE, CELEBREX** (and all similar products) **VITIMAN E AND ALL HERBAL SUPPLEMENTS** as they may contribute to post-operative bleeding.
- 8. Irrigations:** **It is critical to the healing of your sinuses that you begin irrigating your nose beginning the day after your procedure.** Although time consuming, this decreases the amount of cleaning we will have to do in the office and will ultimately improve your outcome. You will be provided the irrigation syringe the day of surgery (see below).

## **IRRIGATION INSTRUCTIONS**

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- Draw the solution into the syringe (SYRINGE WILL BE PROVIDED THE DAY OF SURGERY)
  - Stand over a sink, or bend over in the shower. Bend your head forward and insert the tip of the syringe inside your nose.
  - Open your mouth.
  - Push the contents of the syringe as hard as is tolerable without discomfort into your nose.
  - Some of the solution will come out the same side as the syringe, some will come out the other side, and some will come out of your mouth (keep your mouth open!) (if it does not come out of your mouth or the other side, this is not a problem).

### STARTING THE DAY AFTER SURGERY:

**Irrigate each nostril with 4 syringes on each side THREE TIMES A DAY  
this should be increased to  
8 on each side THREE TIMES A DAY after the first post-operative visit.**

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## **INSTRUCTIONS HOW TO MIX UP THE HYPERTONIC SALINE IRRIGATION:**

- 3 heaping teaspoons of canning pickling salt (or Kosher salt)
- 1-2 heaping teaspoons of baking soda
- 1 quart of boiled or distilled water

IF YOU HAVE BEEN USING A NEILMED RINSE BOTTLE, IT IS OK TO USE THIS INSTEAD (1 full bottle on each side, three times a day). It is recommended that you also try the syringe, as some people prefer it over the rinse bottle. Please use the mixture listed above. **YOU SHOULD NOT SUBSTITUTE A NETI POT OR SALINE SPRAY** as these do not generate the same pressure to clean your nose.

**9. Medications:** It is critical that you take any medications that are prescribed for you. Although you may take the pain medications as needed, if you are prescribed antibiotics and/or steroids you **MUST** take them as prescribed. If you are unable to tolerate them for any reason, call the office.

**10. Smoking:** As stated before, smoking will decrease the likelihood of a successful outcome. If you would like assistance in smoking cessation, please ask.

11. You will be seen by Dr. Dubin approximately one week, two weeks and four weeks after the surgery. The first appointment will be made by our surgical coordinator when you schedule surgery. The other appointment will be made at the office after the first visit.

**These first three appointments are CRITICAL to the healing of your sinuses after surgery and are as important, if not more so, than the surgery itself.**

It is at these visits that Dr. Dubin will clean the normal post operative crusts and debris from surgery. If these are not appropriately removed from your nose, they will lead to scarring and infection. It is also routine that a small amount of absorbable material is placed into your nose during the surgery which will be suctioned at the first office visit.

Since your nose will be tender for a few weeks following surgery, if you are regularly taking pain medication at the time of your visit, it would be best to time a dose to be taken right before your first post-operative visit. This is usually not necessary for any of the other visits. Regardless, you should bring your pain medication with you to these office visits. If you require a narcotic before/after the visit, you MUST have someone to drive you to/from the office. It is advisable to have someone with you for the first post-operative visit.

**12. CALL DR. DUBIN'S OFFICE IMMEDIATELY IF YOU HAVE ANY OF THE FOLLOWING:**

- severe headache with nausea, vomiting, and change in behavior**
- loss of vision**
- bulging of one/both eyes**
- double vision**
- fever OVER 101.4F**
- neck stiffness accompanied by inability to tolerate bright lights**
- heavy or prolonged bleeding**

**THE ON-CALL PHYSICIAN IS AVAILABLE TO ADDRESS THESE ISSUES  
410-821-5151**