

**POST-OPERATIVE INSTRUCTIONS:  
For Endoscopic Sinus Surgery**

The following are instructions for you to follow while recovering from your surgery. These instructions may sometimes vary slightly and, therefore, your physician will go through these with you and/or your family.

1. Essentially you may have anything you wish to eat or drink without restrictions.
2. For the first 24 hours you should try to stay off your feet as much as possible. You may get up to go to the bathroom or to move from one room to another including going up or down the steps. After moving from one room to another or to go to the bathroom you should then get off your feet again. When lying down it will be helpful to lie on 2-3 pillows to elevate the head about 20 degrees. After the first 24 hours you may feel free to be up and about doing **light** forms of activity. You should not be straining, lifting heavy objects, etc. as this may increase the blood pressure in the facial region causing the nose to bleed.
3. You should expect to feel congested after surgery. This will steadily improve with time. Some bleeding is also normal. A gauze taped in front of your nose might have to be changed as often as once every hour immediately following surgery. The discharge will steadily decrease over the next few days. Call your physician if you are experiencing more drainage than expected.
4. Antibiotics or pain medication will sometimes be prescribed. These medications should be used as directed. If a septoplasty was also performed, apply Neosporin® or another antibacterial ointment to both inner nostrils as directed, 3 times daily after the packing is removed.
5. Do not blow your nose. If there is packing in your nose you will be instructed when to remove it or when to come to the office to have this removed. You should call for an appointment. If no packing was used you will be instructed when to come in for your post-op visit.
6. Beginning the third day after surgery (or the fifth day if septoplasty was performed) we would like you to begin irrigating your nose with salt water. Premixed sinus irrigation kits are available at the office. If you wish, you may create your own. To make a dilute solution of salt water: place 1-2 teaspoons of non-iodized (Kosher) salt in a quart of room-temperature water. Using a nasal bulb syringe (such as that used to suction mucus from a child's nose) and leaning over the sink begin to gently irrigate the nasal cavity one side at a time. Irrigate with as much saline as necessary until the irrigation fluid coming back is clear. After irrigating, **very gently** blow the nose one side at a time to clear any residual salt water.
7. The above mentioned instructions are very important to insure healing of the nasal tissues and the best postoperative result.
8. Contact the office if you develop persistent severe bleeding, severe headache, or a change in vision.

If you have any concerns not covered here or by your surgeon, please contact the office. After office hours the telephone answering machine will instruct you as to how to contact the physician on call or go to the Emergency Room.