

Endoscopic Sinus Surgery Postoperative Instructions

1. You may have packing and /or splints in your nose. Due to this, you may not be able to breathe through your nose initially and you may experience some discomfort. Expect packing to create thick mucous drainage.
2. Slight bleeding from your nose and in the back of your throat is expected for 2-3 days or longer. If you have continuous bleeding lasting more than 10 minutes, try spraying your nose with over-the-counter Afrin nose spray. This commonly stops nose bleeds. If no change within a few minutes, call the office number.
3. Do not blow your nose until the doctor tells you that you can. If there is no packing, it is generally safe to gently blow the nose 3 days after surgery. Sniffing and clearing mucous from the throat is allowed. If you sneeze, try to sneeze with your mouth open.
4. Take precautions to avoid bumping your nose. Avoid strenuous activity including lifting more than 10 pounds for a week. You may eat a regular diet. Sleep with your head elevated to decrease swelling.
5. You will be given prescription-strength pain medicine that contains Tylenol. Do not take additional Tylenol while taking the pain medication. You may substitute regular Tylenol when pain is less later in the healing process. Ask your doctor before adding Motrin, Advil, Aspirin and Ibuprofen as these could increase risk of bleeding.
6. Packing may be removed within 1-7 days postoperatively. You may take your pain medicine one hour prior to that appointment. Have someone drive you to and from the initial follow-up appointment.
7. After packing or splints are removed, use nasal saline spray or irrigation every 2-4 hours while awake to clear congestion and mucous.
8. If prescribed an antibiotic, take until gone.
9. It is important to keep all follow-up appointments.
10. A humidifier or vaporizer at home, especially in the bedroom, will help speed healing.
11. Reasons to call:
 - Fever greater than 101.5
 - Heavy bleeding
 - Worsening pain
 - Persistent nausea and/or vomiting
 - Bruising around eyes
 - Change in vision or double-vision
 - Yellow, green or foul-smelling nasal discharge

** For any questions or concerns, call the office (814-944-5357) Monday through Friday, 9:00 am to 4:30 pm. Through the same number, our answering service will page the ENT physician on-call during nights and weekends