

ENDOSCOPIC SINUS SURGERY INSTRUCTION SHEET

Endoscopic sinus surgery is an operation in which the surgeon examines the interior of the nose and the openings to the paranasal sinuses. Using telescopes and specialized instruments, abnormal and obstructive tissues are removed and sinuses are opened. The surgery is performed entirely through the nostrils. There is little swelling and only mild discomfort. Surgery is usually recommended only after medical therapy has failed.

Potential surgical complications include bleeding, bruising around the eyes, swelling, scarring inside the nose and infection. Rare complications include the possibility for a spinal fluid leak and change in vision. The ethmoid sinus is located under and adjacent to the brain and the fluid that surrounds the brain can leak through into the nose. Because the endoscopes used in surgery allow visualization of the ethmoid sinuses, this complication is uncommon. Double vision and loss of vision have been reported after ethmoid surgery. Fortunately, this is a rare complication.

BEFORE SURGERY

Because of potential bleeding problems, aspirin, Advil, Ibuprofen and other non-steroidal anti-inflammatory drugs (NSAIDs) must not be used for 10 days preceding and 10 days following surgery.

Generally, endoscopic sinus surgery is done on an outpatient basis. You will need to arrange to have someone drive you home after surgery.

Do not eat or drink anything after midnight before surgery.

AFTER SURGERY

Dressing: Light red to clear drainage from the nose is normal for 3-6 days following surgery. The outside gauze dressing needs to be changed when soiled or saturated. A 4x4 gauze pad folded in half over the nostrils, held in place with a strip of paper tape, is sufficient.

Packing: Nasal packing is sometimes used after surgery. Do not attempt to blow the nose with the packing in place. It is normal to have bad breath or a smell a foul odor while the packing is in place. In many cases we use packing material that slowly absorbs over time. If you have this type of packing it does not need to be removed after surgery.

Medications: Headache, sinus or nasal discomfort is common after surgery and you should have medication for this. Antibiotics may be prescribed.

Activity: No swimming or strenuous activities for 14 days after the surgery. No bending over. It is ok to shower. Do not blow your nose for the 1st week after surgery. Sneeze with mouth open.

Diet: Eat and drink normally. Avoid alcoholic beverages while taking medications.

Follow-up: You will need to be seen by your doctor for follow-up 1 week following surgery depending on the presence or type of packing used, or need for post operative cleaning. Specific instructions will be given to you at the time of discharge.

Nasal Rinse: During the 1st week after surgery, you should keep the nose moist with saline spray used 3-4 times daily. During your first post-op visit, saline irrigations are recommended to reduce crusting and to keep the sinus opening clear. Irrigate at least once a day. If you do not have a sinus rinse bottle, we usually have a sample available for you to take.

CALL YOUR DOCTOR IMMEDIATELY IF YOU EXPERIENCE:

- Excessive, bright red bleeding
- A lot of clear watery drainage from the nose or salty tasting drainage down the throat
- Double or blurred vision
- Decreased ability to move or close eyes, eye pain
- Fever over 101 degrees Fahrenheit
- Stiffness or pain in the neck or decreased alertness