

CONVENTIONAL OR ENDOSCOPIC SINUS SURGERY WITH OR WITHOUT TURBINATE SURGERY

PREOPERATIVE INSTRUCTIONS

- Plan on arriving 90 minutes prior to your surgery time.
- **Adults must have nothing to eat or drink after midnight the night prior to your surgery. Infant and toddlers may take clear liquids up to 6 hours before the procedure.** Avoid taking aspirin, ibuprofen (Advil, Motrin) or products that contain these medications within 7 days of the procedure. This decreases the chance of bleeding problems during and after surgery.
- If you are having surgery at Lutheran Medical Center, you must be pre-admitted. If you have not been contacted by the hospital before the night prior to surgery, please call (303) 467-8735 to pre-admit.
- If you desire, please call the office with a pharmacy phone number so we may call in your postoperative prescriptions. Please notify the office if you have any sensitivities or side effects with a particular narcotic pain medicine.

POSTOPERATIVE INSTRUCTIONS

What to expect

- The pain from sinus surgery often feels like an acute sinus infection. It usually lasts approximately one week. If possible, plan on 7 days off of work or school.
- Bloody drainage will be noted for up to two weeks after surgery, since blood clots will collect in the sinuses. It will usually look somewhat fresh. Unless there is a steady drip from the nose, it is unlikely that there is active bleeding.
- Mild swelling, and rarely bruising, can be seen around the eyes. Call if obvious swelling of the eyelids occurs.
- Large crusts, often as big as a quarter, can come from the nose for the first 3-4 weeks after surgery.
- Antibiotics are rarely required after surgery and are not routinely prescribed.
- Every two weeks until completely healed, you will need to be seen in the office for cleaning of the sinus cavities. This reduces scarring, speeds healing, and decreases the chance of acute infection postoperatively.

Postoperative management

- You may eat or drink anything you like as tolerated.
- Frequent spraying with nasal saline, every hour if possible, will help reduce pain, reduce the chance of infection, improve nasal breathing, and speed healing after surgery.
- Unless specifically instructed NOT to (rare), you may gently blow your nose to clear old blood and crusts.
- Pain control: you will be given a prescription for narcotic pain medicine. Plain Tylenol may also be used, but remember that the prescription medicine **also** contains Tylenol. Avoid ibuprofen or aspirin, if possible, since these medicines decrease to ability to clot and can potentially lead to excessive bleeding after surgery.
- Do not resume nasal steroid sprays until directed by your surgeon, usually after the first postoperative visit.
- For severe congestion or a true nosebleed, Afrin nasal spray (generic = oxymetazoline) can be used. Many times, you will be given a bottle after surgery, since we use it to control bleeding during your operation. Blow out any clot, then spray bleeding side aggressively, and then hold pressure for 10 minutes. **Make sure it is not used for more than three consecutive days.**
- Activity may increase as tolerated. It is normal to have reduced endurance for 2-4 weeks after the surgery.
- Your doctor may prescribe other medicines to help in the postoperative period.

When you should contact us

- Bleeding that is a steady drip from the nose or into the throat is unusual. If pressure to the nose or spraying oxymetazoline does not stop the bleeding, call the office or the doctor on call at (303) 487-0834 day or night.
- Call for a sustained fever (6-8 hours) greater than 101.5⁰F or more. Fever less than this is common, especially in the first 2-3 days.
- If there is any obvious or increasing swelling of one or both eyelids, or sudden increase in pain, call. This could be infection, which may require a quicker visit for cleaning of the sinuses, or rarely, if swelling occurred with nose blowing, air may have migrated into the eye socket.
- If you desire a refill of your narcotic pain medication or feel you need an antibiotic, PLEASE call during business hours, especially before a weekend. Our policy is to NOT refill narcotic pain medication outside of

business hours, since physicians with whom we share weekend call won't know you and won't have access to your medical record.

- Before or after surgery, call us to arrange for a postoperative office visit 2 weeks after surgery. Should ANY other question arise pertaining to your care or comfort, please call our office.