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## **Endoscopic Sinus Surgery POST-OPERATIVE CARE INSTRUCTIONS**

### **WHAT TO EXPECT**

- Nasal congestion may be experienced for up to three weeks after endoscopic sinus surgery.
- Some patients experience nausea, vomiting and/or fatigue from the anesthesia. These symptoms should resolve within 12 to 24 hours
- There may be mild, bloody nasal drainage and/or pain for 2-5 days after surgery. If bleeding is very heavy or persists, please call the office
- Patient should begin using normal saline drops when drainage stops and nose begins to crust. This will keep nasal area free of crusting and infection
- Patient should perform sinus irrigation using a sinus rinse kit beginning 3-4 days after surgery

### **MEDICATION**

Tylenol® may be used for pain according to package directions every 4 hours as needed. If this is not sufficient, prescription strength medication will be prescribed for use. Avoid Aleve®, Aspirin and Motrin® for the first three weeks after surgery.

### **PRECAUTIONS AFTER SURGERY**

- For up to two days after surgery, patient should rest at home.
- Vigorous exercise and physical activity as well as gym attendance should be avoided for three weeks.
- Three weeks after surgery, patient may gradually resume normal activities.
- Patient should take care not to blow nose for three weeks after surgery and instead should wipe nose carefully. If patient must sneeze, he/she should open mouth and sneeze through the mouth.
- Patient should avoid heavy lifting or straining for three weeks after surgery

### **DIET AND/OR FEVER**

- Drinking fluids is essential to reduce pain and promote healing. Patient should be able to tolerate clear liquid diet immediately after surgery and should gradually resume normal diet as soon as she or he feels ready.
- A low-grade fever (between 99-101 F) may develop after surgery, and may be worsened by poor fluid intake.

### **POST OPERATIVE VISIT**

- **Please schedule normal post-operative office visit for 2 weeks after surgery.**
- If patient experiences any of the following symptoms, please call our office
  - o Fever above 101 degrees
  - o Constant watery discharge from nose after one week post-surgery
  - o Sudden vision changes or eye swelling
  - o Severe headaches or neck stiffness
  - o Severe diarrhea
  - o Steady nosebleeds that cannot be controlled