



Anne Arundel Ear Nose & Throat

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SINUS SURGERY POST-OPERATIVE INSTRUCTIONS

DAY OF SURGERY: Please rest the first day. It is normal to have a fair amount of bleeding. Please avoid blowing your nose. It is normal for the bleeding to increase 3 - 4 hours after surgery when the medications wear off. Excessive bleeding is defined as soaking five nasal drip pads in one hour. You may use Afrin, 2 - 3 sprays in each nostril to stop excessive bleeding.

NIGHT OF SURGERY: Please sleep in a recliner, if available and leave a drip pad in place. Begin your antibiotics the evening of surgery with your dinner.

DAYS FOLLOWING SURGERY

DAY 1: Begin using your saline irrigation in the morning at least three times per day. Do it more often if having difficulty getting the clots and scabs out. You may also begin blowing your nose gently. You may also clean your nostrils with hydrogen peroxide and a Q-tip. It is helpful to apply an antibiotic ointment to your nostrils twice daily. You may shower.

DAY 2: Continue the regimen of saline irrigations, cleaning your nostrils with Q-tips and applying antibiotic ointment. You may begin feeling more pressure and difficulty breathing as the scabbing builds up. Increase your irrigations as tolerated. This feeling will improve on your first post-operative visit in the office.

DAYS 3 & 4: Continue irrigations. You may be scheduled for a splint removal. This is an easy procedure. There will be only slight discomfort when the suture is cut. The splints will come out easily. Your first post-operative debridement will occur on this day. Once the splints have been removed, your nose will be anesthetized and large scabs and clots will be removed. This may be uncomfortable for some people. You may take 1 - 2 of your pain medications prior to the debridement to help with discomfort.

DAY 5 & ONWARD: Continue irrigations. You may lessen the frequency depending on the level of congestion or pressure in your nose and ears. Continue irrigating at least twice daily. Continue your antibiotics until finished. Your 2nd postoperative debridement will occur approximately one week after the first.

RESTRICTIONS: No heavy lifting or strenuous activity for one week following surgery
Sneeze with your mouth open
No contact sports for one month following surgery
You may return to work/school once the bleeding has subsided; typically 4 - 7 days.

POST-OPERATIVE VISITS SCHEDULE:

1st visit: 3 - 4 days
2nd visit: 7 - 10 days
3rd visit: 21 - 30 days
4th visit: 60 days
5th visit: 90 days

During these visits your sinus cavities will be inspected with the nasal endoscope. Debridements will be performed, as necessary. The amount of scabbing/scarring will determine the frequency of your post-operative visits. The purpose of a debridement is to remove excessive scabbing and clots to prevent infection and scar tissue. It will sometimes be necessary to cut scar tissue if the opening into the sinuses begin to scar closed.

**IF YOU HAVE ANY QUESTIONS OR PROBLEMS RELATED TO YOUR PROCEDURE,
PLEASE CALL OUR OFFICE AT (410)573-9191. THANK YOU.**