

## **SINUS SURGERY INSTRUCTIONS**

The purpose of sinus surgery is to open blockages of sinus drainage passages allowing the infection in the sinus to gradually resolve. The new techniques of sinus surgery – functional endoscopic sinus surgery – can do this with less swelling, bruising, bleeding, and pain. Also, there is no visible scars. However, while close postoperative follow up and care are very important to the success of your surgery, YOU play a critical role.

### **BEFORE SURGERY:**

**DO** – Stop use of all aspirin, ibuprofen, or any other nonsteroidal anti-inflammatory drugs. Check with Dr. Hessian or your primary care physician if you have any questions about this.

**DO** – Take all medications including high blood pressure or heart medication with a SIP of water the morning of your surgery.

**DO** – Discuss with your primary care physician what to do about insulin or other diabetic medications.

**DON'T** – EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE SURGERY.  
(PLEASE REFER TO THE ENCLOSED FOOD GUIDELINES FOR YOUR FACILITY).

You will have time to ask questions that may arise, but please try to have these questions answered before your surgery.

### **AFTER SURGERY:**

You will be given prescriptions for antibiotics, pain medication, and possibly anti-nausea medications before you leave the hospital.

**DO-** take the medication as directed and resume all of your other medications except for aspirin or ibuprofen.

**DO** – Expect a mild nosebleed for 1-2 days following your surgery. (The only way to stop this is to have your nose packed and that is usually less comfortable).

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**DO** – Expect a mild to moderate headache and nasal congestion. However, severe pain is not expected.

**DO CALL IF YOU EXPERIENCE ANY VISUAL PROBLEMS.**

**DO** – Rinse or spray your nose with saline (salt water) every few hours following surgery. You can buy this without a prescription. Saline “mix” packets and irrigation bottles can be purchased from our office (at our cost) if you are interested. Some brand names of over the counter nasal saline sprays are Ayr, Ocean, and Nasal or you can make your own:

Mix ¼ teaspoon salt and ¼ teaspoon baking soda in 8 ounces of warm, fresh water.

**DO** – Use a bedside humidifier or get into the shower and allow the steam to help clean your nasal secretions.

**DON'T** – Forcefully blow your nose

**DON'T** – Lift heavy objects, strain or exercise strenuously.

**ANSWERS TO COMMONLY ASKED QUESTIONS:**

You may bathe or shower any time.

You may go into a swimming pool and go under water.

You may take a decongestant but these often are not very helpful at first because most of the stuffiness is due to secretions or swelling. You may continue allergy medications or treatments.

Expect at least mild symptoms to continue for a few weeks or even months in severe cases.

Finally, please call with any questions or concerns.