

EAR, NOSE & THROAT CONSULTANTS, INC.

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PATIENT INSTRUCTIONS AFTER ENDOSCOPIC SINUS SURGERY

CLEANING YOUR NOSE

You can expect some bloody mucous drainage from your nose for up to one week after surgery. This drainage will be greatest the first three days. During this time you may sniff and blot to keep the nose clear. It is best not to blow your nose gently immediately after surgery, as this time may cause bleeding. After three days, you may blow your nose gently if necessary.

The best way to clear your nose of mucous and dried blood is with saline irrigation. This irrigation is done with a bulb syringe, which can be purchased at any drugstore, and a glass of lukewarm water containing 1/4 teaspoon of salt (so that the water is slightly salty to taste). After filling the syringe with salt water you lean over the sink and irrigate each nostril with the syringe.

Using one syringe full of salt water for each nostril, this procedure should be repeated at least eight times a day for several weeks following surgery. At first these irrigations may feel unusual, but you will soon find them to be comfortable and soothing. Do not worry about flushing too hard; the irrigations can be vigorous, as long as they do not cause new bleeding. These irrigations are also the best way to promote healing and prevent scarring.

MEDICATION

You may be given an antibiotic and pain medication prescription. Directions will be on the bottle. Pain following the surgery is usually mild and readily controlled by prescription pain medication or Tylenol. Do not be afraid to take a pain pill if you are uncomfortable, especially when going to bed at night or awakening in the morning. Sleeping with your head elevated on at least two pillows helps decrease pain and swelling. Steroid nose spray should be used after surgery only as instructed.

DAILY ACTIVITY

You may eat and drink whatever you like. Heavy lifting, straining, and exercise must be avoided during the first few weeks. Thereafter you can resume normal activity if you feel up to it. Do not be surprised if you tire more easily than usual; that is your body's way of letting you know you need to slow down.

Do not be discouraged if you cannot breathe through your nose at first. It typically takes two to three weeks before the inflammation and swelling inside your nose subsides enough to provide a good airway. Remember, your body is undergoing a gradual healing process.

WHAT TO LOOK FOR

Please call the office or come to the Emergency Room should you develop:

- Brisk new bleeding from the nose which does not stop after 10 minutes of sitting up and squeezing your nostrils together
- A fever greater than 101 degrees orally
- Eye pain or visual disturbances