Endoscopic Sinus Surgery
Discharge Instructions

The following guidelines will help to provide the best healing environment for your nose and sinuses. Taking care of yourself once you go home is important for your surgery to be successful.

After your surgery

Diet

- You may return to your regular diet if tolerated.

Medications

- You may be given a script for pain along with instructions for its use.
- Do not take Aspirin or Ibuprofen as this may increase bleeding.
- Spray each nostril with 1 to 2 sprays of saline nasal spray every 1 to 2 hours throughout the day and the day after your surgery.
- Moisture is very important for healing to take place.
- You may also use Afrin nasal spray to shrink the blood vessels in your nose.
- You may buy this over-the-counter in pharmacies.
- Afrin will allow you to breathe easier by reducing swelling. However, you should not use this medicine for more than 3 days in a row.
- Start using the Neil Med Sinus Rinse™ Kit the morning after surgery to irrigate your nose twice a day.
- These are available over the counter at local drug stores.
- The irrigations will allow you to clear your nose and sinuses of clots, crusts, and dried mucus.

Activity

- Do not perform any strenuous activities such as sports, working out, heavy housework or yard work.
- Do not do any activity where your nose might be injured.
- Do not lift more than 20 pounds.
- Do not do any activity which requires you to bend over. Try to bend at your knees.

Bathing and Personal Care

- You may shower or take a bath following your surgery, but try to avoid hot or steamy showers for several days after your surgery.
- If you experience some bleeding, you may dab your nose gently with tissue.
- DO NOT blow your nose.
Normal Expectations
- It is normal to experience some bleeding during the first few days after surgery.
- You may use gauze under your nose to catch the drainage, called a drip pad.
- It is not unusual to have to change the gauze as often as every 30 minutes in the evening following your surgery.

The first week following your surgery
- Do not blow your nose or use a straw.
- If you need to sneeze, do not hold it in.
- Try to sneeze with your mouth open.

After the first week following your surgery
- You will return to our office often for sinus cleanings.
- At each visit we will perform a procedure with a camera called a nasal endoscopy, with possible debridement.
- This involves looking into your nose and sinus openings with endoscopes and cleaning any crusts, dried blood, and scar tissue.
- Visits typically occur 1, 3, and 6 weeks after surgery.

Call your health care provider if you have any questions or concerns.