

Endoscopic Sinus Surgery

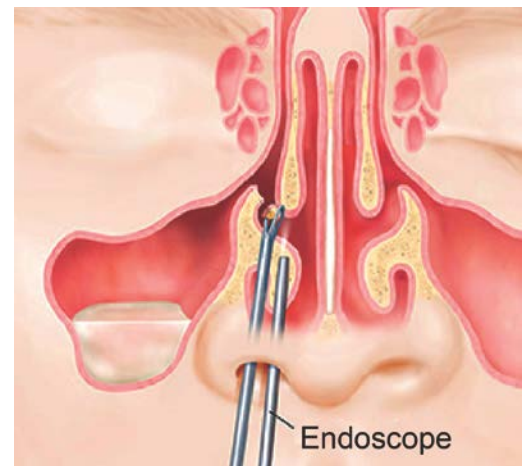
How to prepare and what to expect

This handout explains how to prepare for endoscopic sinus surgery and what to expect afterward.

About Your Surgery

Your doctor has advised that you have *endoscopic surgery* because medicines are not controlling your *sinusitis* (sinus inflammation or infection). This surgery will be done to clear blockages in your sinuses.

Endoscopic surgery does not use any incisions. Instead, your surgeon will use tiny instruments and an *endoscope*, a thin tube with a camera on the end.



Your surgeon will use a thin tube called an endoscope to clear blockages in your sinus.

Before Your Surgery

- For 1 week before your surgery, do **not** take any aspirin, herbal supplements, or other products that affect blood clotting. Two of these are ibuprofen (Advil, Motrin, and others) and naproxen (Aleve, Naprosyn, and others). See attached sheet for more information.
- Know how you will get home from the hospital after your surgery:
 - If your surgeon has said that you will go home the same day as your surgery, you must arrange for someone to drive you home from the hospital and stay with you the first night. You cannot drive or take a bus or taxi by yourself.
 - If your surgeon has said you will stay overnight in the hospital, you will be able to drive yourself home the day after your surgery.
- If your doctor has prescribed antibiotics or prednisone to take before surgery, take them as directed.
- *Nasal irrigation* will be a key part of your care after surgery. Practice this method before your surgery so you know how to do it.

Day Before Surgery

- **Arrival time:** The pre-surgery nurse will call you by 5 p.m. the night before your surgery. If you are having surgery on a Monday, the nurse will call you the Friday before. If you do not hear from the pre-surgery nurse by 5 p.m., please call 206.598.6334.

The pre-surgery nurse will tell you when to come to the hospital and will remind you:

- Not to eat or drink after a certain time
- Which of your regular medicines to take or not take
- To sip only enough water to swallow your pills
- To arrange for someone to drive you home after surgery and stay with you overnight, if your surgeon has said you will go home the same day as your surgery

Day of Surgery

- Do not eat or drink anything.
- Follow the instructions you received from the pre-surgery nurse about what medicines to take or not take.

After Surgery

Precautions and Self-care

- You received general *anesthesia* (medicine to make you sleep) during your surgery. This medicine will affect your thinking and your response time. For 24 hours after your surgery, do **not**:
 - Drive or use machinery
 - Drink alcohol
 - Travel by yourself
 - Sign any legal papers or make important decisions
 - Be responsible for the care of another person
- You will have gauze under your nose to catch oozing. Change the gauze as needed.
- You may also have nasal packing. Leave it in place. Your doctor will remove it either the morning after your surgery or at your clinic visit.
- For 2 weeks, avoid:
 - Blowing your nose
 - Straining
 - Lifting anything that weighs more than 15 pounds

- Take your antibiotics as prescribed.
- You will most likely have some pain in your face, especially if you have nasal packing. Use your pain medicine as prescribed.

Nasal Irrigation

Nasal irrigation (rinsing out your sinuses) is very important after surgery. It keeps your sinuses moist and helps flush out excess mucous and old blood clots. Your doctor or nurse will give you a sinus rinse system to use for this.

- After your doctor removes your nasal packing, irrigate your nose at least 3 times a day.
- Follow the directions in the box.
- Very gently blow your nose after irrigation to clear the nasal space.

Bleeding

- It is normal to have small amounts of blood-streaked mucous draining from your nose or into your throat after sinus surgery.
- Call your doctor if you have a **steady flow** of blood from your nose or into the back of your throat.

Follow-up Clinic Visits

You will see your doctor every 1 to 2 weeks after surgery until healing is complete. You will make your next appointment at each visit.

Return to Work

Most people take 1 to 2 weeks off work to recover. How long you take off work will be based partly on what you do for a living.

When to Call

Call the clinic or the doctor on call if you have:

- Steady bleeding from your nose or into your throat
- A fever higher than 101°F (38.3°C)
- Double vision or trouble seeing
- A headache that is not eased by pain medicine
- Increased pain
- Rash or itching
- Nausea or vomiting that does not go away

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

- **To set up a clinic visit**, call the Otolaryngology/Head and Neck Surgery Center at 206.598.4022.
- **If you are already a patient** and have questions about your treatment plan:

Weekdays from 8 a.m. to 5 p.m., call 206.598.4022.

After hours and on weekends and holidays, call 206.598.4022. You will be directed to the Community Care Line Nurse.