

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Appointments: Call Otolaryngology – Head and Neck Surgery Center, 206-598-4022.

Established patients with questions about your treatment plan: Weekdays from 8 a.m. to 5 p.m., call the Nurse Voice Mail Line, 206-598-7535.

After hours and on weekends and holidays, call 206-598-6190 and ask for the Otolaryngology resident on call to be paged.

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Otolaryngology – Head and
Neck Surgery Center

Box 356161
1959 N.E. Pacific St. Seattle, WA 98195
206-598-4022

Return to Work

Most patients take 2 to 3 weeks off work to recover. How much time you take off will depend partly on what you do for a living.

Call the Clinic Nurse or the On-Call Doctor If You Have:

- Signs of infection in your incision
 - Redness
 - Swelling
 - Increased pain
 - Foul-smelling discharge from your incisions
- A fever higher than 101°F (38.3°C)
- A steady flow of blood from your nose or the back of your throat
- Double vision or trouble seeing
- Headache that is not relieved by pain medicine
- Increased pain
- Rash or itching
- Nausea or vomiting that does not go away

Patient Education

Otolaryngology – Head and Neck Surgery Center



Osteoplastic Frontal Sinus Obliteration Surgery

How to prepare and what to expect

Osteoplastic frontal sinus obliteration is surgery to remove the frontal sinus. The diseased sinus tissue is replaced with AlloDerm or other tissue. AlloDerm is made from human tissue that your body will not reject. The main surgical incision is across the top of your head from above one ear to above the other. This handout explains how to prepare for and what to expect after your operation.

Before Your Operation

Do **not** take any aspirin, any herbal supplements, or other products that affect blood clotting for 1 week before your operation. Two of these are ibuprofen (Advil, Motrin) and naprosyn (Aleve, Naproxen). See attached sheet for more information.

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24 Hours Before Surgery

- **Arrival time:** The pre-surgery nurse will call you by 5 p.m. the night before your operation. 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.
- **Take 2 showers:** Take 1 shower the night before, and a second shower the morning of your operation. Use the antibacterial soap your nurse gave you to wash your body.

Do **not** use the antibacterial soap on your face and hair. (See directions that came with the soap.) Use your own soap and shampoo on your face and hair. Use clean towels to dry off, and put on clean clothing.

What to Expect After Your Operation

- You will spend about 2 to 3 days in the hospital after your surgery.
- During surgery, a thin line of hair where the incisions will be made will be shaved. This allows your surgeon to make an accurate incision and close the wound neatly.
- Your scalp incision will be closed with surgical staples. If you have an incision in your abdomen, it will be closed with sutures (stitches).
- It is important to keep your incisions clean. The nurses will cleanse each incision with a solution of half saline and half hydrogen peroxide. They will then place an antibiotic

ointment over the incisions. This wound care will be done 2 to 3 times each day. You or your helper will need to continue to do this until your sutures and surgical staples are removed, usually 7 to 10 days after surgery.

- You will probably have 2 drains in your scalp and possibly 1 in your abdomen. These drains remove excess fluid. They are usually removed before you go home from the hospital.
- Your eyelids may be swollen after this surgery. This may last for 1 to 2 weeks.
- For the first 2 weeks, you should avoid:
 - Strenuous nose blowing (to avoid creating a lot of pressure in your nose).
 - Straining while having a bowel movement (some patients may need to use a stool softener).
 - Heavy lifting.
- Keep your head raised when you sleep by using 2 pillows.
- Avoid very warm or hot liquids for the first 24 hours after surgery.
- Take your antibiotics as prescribed.
- Use pain medicines as prescribed for your incision pain.

Nasal Irrigation

- You will need to keep your sinuses clean and moist so that they heal properly. Your doctor or nurse will give you a system for *nasal irrigation* (the process of rinsing out your sinuses). Follow the directions in the box.
- You may blow each nostril gently after irrigation.

Clinic Visits After Surgery

- You will visit the clinic every 7 to 10 days until you have healed well. Your doctor will check on your incisions and remove crusting in your passageways that blocks your sinuses.