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.

Bleeding

Small amounts of blood-streaked mucous draining from your nose or into your throat is common after sinus surgery. Call your doctor if you have a steady flow of blood from your nose or from 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. Your time off work will be based partly on what you do for a living.

Call the Clinic Nurse or 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

Endoscopic Sinus Surgery

How to prepare and what to expect

Your doctor may recommend endoscopic surgery if medicines are not controlling your symptoms caused by sinusitis. Endoscopic surgery is done inside the nasal space, without incisions, using tiny instruments and a camera called an endoscope. It is less invasive and more precise than methods that were used in the past.

This handout explains how to prepare for surgery and what to expect afterward.
**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 naproxen (Aleve, Naprosyn). See attached sheet for more information.

- Arrange for someone to drive you home from the hospital and stay with you the first night. You may need to stay overnight in the hospital due to the extent of your surgery. You will know this before surgery. You cannot drive yourself or take a taxi home alone from the hospital, unless you stayed overnight in the hospital.

- Your doctor may prescribe antibiotics and/or prednisone to take before surgery. Take them as directed.

- Nasal irrigation will be a key part of your care after surgery. Practice this technique before your surgery so you know how to do it.

**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

**What to Expect After Your Operation**

**Precautions and Self-care to Speed Your Recovery**

- Because you will have received general anesthesia, do **not** do these things for 24 hours after your surgery:
  - Drive
  - Drink alcohol
  - Travel alone
  - Sign any legal papers
  - Be responsible for the care of another person

- You will have gauze under your nose to catch oozing. Change it 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 next clinic visit.

- Avoid strenuous nose blowing, straining, or heavy lifting for 2 weeks.

- Take antibiotics as prescribed.

- Facial pain is common, 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. Follow the directions in the box.

- Irrigate your nose 3 or more times a day after your doctor has removed your nasal packing.

- You may gently blow your nose after irrigation to clear the nasal space.