

## Endoscopic Sinus Surgery

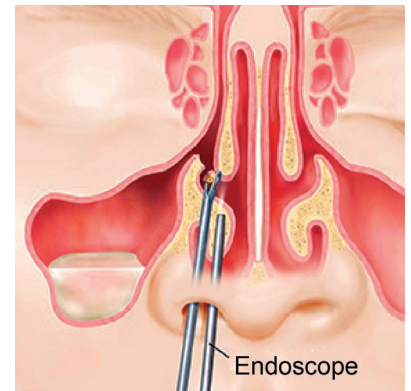
### *How to prepare and what to expect*

*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* to clear blockages in your sinuses. Your doctor advises this surgery because medicines and other treatments are not controlling your *sinusitis* (sinus inflammation or infection).

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



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

### Before Your Surgery

#### Medicines

- For 1 week before your surgery, do **not** take any aspirin, herbal products, or other products that affect blood clotting without talking with your surgeon. Two of these are ibuprofen (Advil, Motrin, and others) and naproxen (Aleve, Naprosyn, and others). See attached sheet for more information. **Talk with your surgeon if you have any questions about taking these medicines.**
- If you have any questions about your medicines, please call the Pre-Anesthesia Clinic weekdays from 8 a.m. to 6 p.m. at 206.598.6334. **Have a list of your current medicines handy so that you can tell them what you take.** They will be able to tell you which medicines to take or not take on the day of your surgery.
- If your doctor has prescribed antibiotics or prednisone to take before surgery, take them as directed.

## Plan Ahead

- 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.**
  - **Stay overnight** in the hospital, you may be able to drive yourself home the next day. Please talk with your surgeon about this.
- *Nasal irrigation* will be a key part of your care after surgery. Practice this before your surgery so you know how to do it.

## Arrival Time

You will receive a call 1 to 2 business days before your surgery date to tell you what time to arrive for your surgery. If you have not received this call by 5 p.m. the day before your surgery, call 206.598.6334 to confirm your arrival time. If you are having surgery on a Monday, you will receive this call the Friday before.

## Day of Surgery

- Do **not** eat or drink anything, unless you are directed otherwise.
- Follow the instructions you received during your pre-op visit about what medicines to take or not take on the day of surgery. If you need to take medicines, take them with **only** a small sip of water.

## 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 machines
  - Do **not** drink alcohol
  - Do **not** travel by yourself
  - Do **not** sign any legal papers or make important decisions
  - Do **not** be responsible for children, pets, or an adult who needs care

- You may have gauze under your nose to catch oozing. Change the gauze as needed.
- You may eat your normal foods.
- Take your medicines as prescribed.
- You will most likely have some pain in your face. To ease pain, take acetaminophen (Tylenol). Follow the dose instructions on the label.
  - Your doctor may advise that you also use ibuprofen (Advil, Motrin). Check with your doctor before taking ibuprofen.
  - Only use your prescription pain medicine (opioid) for moderate to severe pain.
- Put a few pillow under your head when you lie down. You can also sleep in a recliner chair if that is better for you.
- Avoid doing any activity that makes you breathe hard, sweat, or strain.
- For **2 weeks**, avoid:
  - Blowing your nose with a lot of effort
  - Activities that makes you breathe hard, sweat, or strain
  - Lifting, pushing, or pulling anything that weighs more than 15 pounds (a gallon of milk weighs almost 9 pounds)

### 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.

- Start nasal irrigation the day after your surgery.
- Irrigate your nose at least 4 times a day.
- Follow the directions in the box.
- You may **very gently** blow your nose after irrigation to clear the nasal space.

### Bleeding

- It is normal to have light bleeding or oozing from your nose or into your throat for up to 2 to 3 days 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 have your first follow-up visit with your doctor 1 to 2 weeks after surgery. We will set up several more visits after that. We will monitor you closely until you are fully healed.

## Return to Work

Most people take about 1 week 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 206.598.4022 and press 2 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
- More 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 and press 2 to speak to the front desk.

**If you are already a patient and have questions about your treatment plan:**

- Weekdays from 8 a.m. to 5 p.m., call Otolaryngology/ Head and Neck Surgery Center at 206.598.4022 and press 2.
- After hours and on weekends and holidays, call 206.598.4022 and press 2 to talk with a Community Care Line Nurse.