



**NASAL AND SINUS SURGERY
PRE-OPERATION INSTRUCTIONS
and
PATIENT INFORMATION**

BEFORE SURGERY:

- 1) Wash your face with soap and water at least three times the day before surgery and once before you come to the facility
- 2) **DO NOT TAKE ASPIRIN, IBUPROFEN, OR PRESCRIPTION DRUGS FOR ARTHRITIS FOR AT LEAST 10 DAYS PRIOR TO SURGERY.** Tylenol (acetaminophen) is okay.

AFTER SURGERY:

- 1) Drink plenty of fluids and eat only lightly until you are sure there will be no nausea.
- 2) Take prescription pain relievers only as directed. They all cause nausea and sedation.
- 3) Do not take any alcohol, tranquilizers, or sleeping pills on the day of surgery.
- 4) Medications and the stress of surgery can make you uncoordinated and groggy. Therefore, on the day of surgery, do not drive, sign any legal documents, make any critical decisions, or take care of any dependent person.
- 5) You will naturally be tired for a day or two. Lighten your schedule and permit rest.
- 6) Someone must accompany you home from the hospital, and it is a good idea if they stay with you overnight and until you are sure you can care for yourself.
- 7) There will be a pad on your upper lip to catch drainage. You may either change the pad or dab your upper lip with a tissue as needed.
- 8) You will be much more comfortable sitting up or moving around a bit. Try and sleep on two pillows.
- 9) As local anesthetics wear off an ice bag applied to the nose will decrease discomfort.

- 10) If you have had a septorhinoplasty, ice should be applied to the eyes, not the nose. You will be shown how to do that before you leave the hospital.
- 11) Bleeding is normal after surgery and can continue minimally for as long as 24 hours. Bleeding will often increase as the local anesthetic wears off but then should decrease.
- 12) Use Afrin spray (0.05% oxymetazoline) if nose bleeds. This will help decrease the bleeding.
- 13) It is normal to have a headache, stuffy ears, and sinuses, particularly until the nose is unpacked.
- 14) For 10 days after surgery, do not swim, do heavy lifting, bending, exercise, or blow your nose.
- 15) Resume your normal medications but continue to avoid aspirin, Ibuprofen, and prescription drugs for arthritis for 1 week after surgery.
- 16) Approximately two days after surgery, start on nasal saline spray and use several times per day.

What is abnormal? (Call the office should any of these occur) :

1. Heavy bleeding, increasing rather than decreasing with time.
2. Swelling, increasing rather than decreasing, after the second day after surgery.
3. Foul drainage from the nostrils.
4. Fever greater than 101.0° Fahrenheit
5. Increasing headaches after the nose has been unpacked.
6. Confusion, stiff neck, blurring of vision.

Possible Risks and complications related to Functional Endoscopic Sinus Surgery

All surgical procedures have risks, benefits, alternatives, and complications. The following possible risks and complications have been discussed with you regarding your surgical procedures and include:

- Bleeding- mild to moderate bleeding is expected up to 48 hrs after surgery. Rarely transfusion or readmission for packing or surgery to control the bleeding may be needed.
- Infection.
- Blindness or other vision changes. You should call the on call ENT immediately if vision changes.
- Swelling or bruising around the eyes.
- Nasal congestion from old blood, packs, or need for frequent cleaning/saline rinses.
- Mild voice changes due to new airflow patterns.

- Change or loss of smell/taste.
- Dry nose/atrophic rhinitis- and need to use saline washes.
- Unexpected cardiac, pulmonary or anesthesia reaction.
- CSF leak: Drainage of brain fluid into the nose.
- Meningitis/brain infection.
- Need for future surgical or medical care for recurrent disease.