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Post-Operative Instructions

Sinus Surgery

- Start your nasal irrigations on the day after surgery. Use over the counter saline irrigations (Sinus Rinse™ or other brand) that can be purchased in any pharmacy or at certain supermarkets Walmart, Target, etc.). Use the rinse three to four times daily until your first post-operative visit. Initial drainage may have blood or be dark brown in color. Continue irrigations even if there is no discharge coming out.
- Do not blow your nose for two weeks after surgery. (Occasionally, you will be given instructions not to blow your nose for longer periods of time.)
- Do not bend, lift or strain for two weeks after surgery. These activities will promote bleeding from your nose. You should not participate in rigorous activity until healing is completed.
- Do not suppress the need to cough or sneeze; instead, cough or sneeze with your mouth open.
- Do not take aspirin and nonsteroidal anti-inflammatory drugs (ibuprofen, naproxen, Advil, Motrin, Aleve, etc.) for a full seven to ten days after surgery.
- Take antibiotics, if prescribed, as directed by your physician.
- If you are taking blood-thinning drugs (Coumadin, Plavix, etc.) on the recommendation of a physician, please ask your physician about the best time to resume these medications.
- In general, you may resume other medications on the day after surgery. If you have any questions, please ask your physician.

ABOUT POST-OPERATIVE CARE VISITS

Post-operative office visits are an indispensable part of the surgery, since they help promote healing and prevent persistent or recurrent disease. During these visits, the surgical cavity is cleaned and inspected. Early scar tissue may be removed, and the medical treatment strategy will be adjusted. Your first post-operative visit will occur typically within the first week after surgery, and you should expect two post-operative visits within the first two to three weeks after surgery.

Although complications from the manipulations performed during the post-operative visits are very rare, the theoretical risks are the same as the surgery itself. Consent for surgery includes consent for post-operative care, since the surgery and post-operative care are so closely related. Failure to follow the post-op care regimen can adversely affect the outcome of the surgery.

WHAT CAN I EXPECT TO EXPERIENCE DURING POST-OP VISITS?

During each post-op visit, your physician will ask several questions about your current symptoms, and then he or she will perform an examination. That examination will typically include nasal endoscopy.

Early post-op visits typically include endoscopic debridement. During this office procedure, your surgeon will remove debris (old blood, mucus, devitalized tissue) from your sinus cavities. Infected secretions may be sent

for cultures. This procedure is performed with or without topical anesthesia during a regular office visit. You may experience some discomfort post-operatively due to manipulation and inflammation.

Take your pain medication as directed. Often extra-strength Tylenol is sufficient. You may wish to take medication for pain prior to your post-operative visits (particularly early on, when the nose is most sensitive). If the medication is sedating, be sure to have someone available to drive you. You can expect some bleeding from your nose for several days after the surgery and again after each office debridement.

When bleeding occurs down the front of your nose or into the back of your throat, you should tilt your head back while sitting up and breathe gently through your nose. If bleeding persists for an extended period of time, please call the office. As the sinuses begin to clear themselves, you can expect to have some thick brown drainage from your nose. This is mucus and old blood and does not indicate an infection.

REMEMBER

Please call immediately if you note fever (temperature above 100.5°F), clear or watery drainage from your nose, changes in your vision, eye swelling, worsening headache and/or neck stiffness. Do not hesitate to contact our office for any questions and for any possible emergency situation.

If necessary, do not hesitate to go to the emergency department nearest to you for immediate care.