



# Endoscopic Sinus Surgery

## Post-Op Instructions



**PAIN:** You may be prescribed prescription pain medications. Take prescribed pain medication as directed. Transition to acetaminophen every six to eight hours as tolerated within the first week. You may take ibuprofen right away, unless otherwise directed. While you are taking prescription pain medication, you may be prone to constipation. 100mg of Colace, twice a day, or one full cap of Miralax per day, is advised (both of these are available over-the-counter).



**PACKING:** You may have some packing or spacers within your nose. These will dissolve with the use of saline irrigations or will be debrided or removed at your follow-up appointment. You may be sent home with a drip pad or gauze under your nose. Change this gauze when it is saturated. If you need to change it more often than every 15 minutes, please call the office or ENT on-call. If there is not much drainage, you do not need to keep the drip pad in place.



**IRRIGATION:** You should start irrigation of your nose the morning following surgery. Follow the directions on the Neil-Med sinus rinse kit when you scheduled surgery. These are also available over the counter at most pharmacies. Irrigate your nose two to eight times a day. If you have stents in place, it may be easier to use a 10cc syringe or blue bulb to irrigate—these are both available at your local pharmacy. If you run out of packets, the following recipe may be used: Mix 1/8 tsp kosher or sea salt to eight ounces (one cup) warm distilled water. If the irrigation burns in your nose, add baking soda to the solution.

Also, we recommend applying a thin coating of antibiotic ointment or Vaseline to the edge and just inside the nostrils after the irrigations, to help keep the nares from crusting. Any crusting can be cleaned with warm water and hydrogen peroxide.



**OTHER MEDICATIONS:** You may be prescribed an antibiotic; take as directed. Hold off on restarting aspirin products until one week after surgery, unless otherwise directed. You may use Afrin nasal spray twice a day for three days only. This may help with mild bleeding and congestion. Do not continue to use it beyond the first few days after surgery.



**ACTIVITY:** Refrain from any strenuous activity (anything that increases your heart rate), heavy lifting, or nose blowing for one to two weeks. No contact sports for at least two weeks; longer if instructed by your surgeon. If you need to cough or sneeze, try to do so with your mouth open. You may shower right away. You may wear your glasses right away, but if it is uncomfortable, use extra padding on the nasal piece of the glasses or take them off more frequently. You may return to work when you are no longer using prescription pain medication and your stents are removed. You may drive as long as you are not using prescription pain medications.



**SMOKING:** Smoking can severely affect the outcome of your sinus surgery. Smoking causes increased scar tissue and poor healing that may lead to continued sinus problems. We strongly encourage you to stop smoking, or at least refrain from smoking for three to four weeks after surgery. If you need assistance with smoking cessation, please call our office for recommendations.

### WE ARE HERE FOR YOU

Please don't hesitate to contact our office at 518-701-2000, if you have any questions or concerns. We are happy to assist you.