



Sinus Surgery Post-Operative Care

Expectations

- Nasal congestion/stuffiness and crusting are very common after surgery.
- Blood tinged drainage is expected for a few days after surgery.
- The majority of patients go home the same day.
- It is normal to have some thick drainage for a few weeks after surgery.

Activity

- Most patients can return to work 1 week after surgery; this depends on the nature of your work. It may take longer to return to more physically demanding work and less time if you do more sedentary work.
- You may begin driving when you are no longer taking narcotic pain medications (hydrocodone or oxycodone).
- Avoid exercise or athletics until you have seen your doctor post-operatively and you have been given the okay.
- Avoid heavy lifting (>10 lbs), bending, and straining for one week.
- Bed rest is not necessary after surgery. Remaining active and mobile will help to expedite your recovery.
- Sleep with your head elevated for the first few days after surgery. A humidifier in your bedroom may be helpful.
- **NO** nose blowing.
- Sneeze with your mouth open.
- Avoid straining. A stool softener may be a good idea for the first few days.
- If you use a CPAP machine for obstructive sleep apnea, you should plan to not use this for a week after surgery.

Diet

- Immediately after surgery, you will be started on clear liquids. If you tolerate this without nausea and vomiting, your diet will be advanced to a regular diet.
- Keep yourself well hydrated to prevent a dry mouth.

Medications

- You may resume your preoperative medications unless otherwise specified by your doctor.
- Pain control
 - o You have been provided with a prescription for a narcotic pain medication (hydrocodone/ acetaminophen or oxycodone/ acetaminophen). There are plenty of patients who never need to take this medication. It may be needed for the first few days or up to a week after surgery.
 - o This medication can cause constipation, so start a stool softener (Miralax, Colace, or Senokot) while taking this medication.
 - o Many patients only need ibuprofen or acetaminophen (Tylenol) after surgery for pain control. You can take 400 mg of ibuprofen every 8 hours.
 - o You can also use Tylenol or acetaminophen but do not take this if you are taking hydrocodone/ acetaminophen or oxycodone/ acetaminophen. The maximum daily dose of Tylenol (acetaminophen) is 3000mg from all sources.
- Nasal medications
 - o Restart a nasal steroid spray (fluticasone, mometasone, etc) at your surgeon's discretion.
 - o Nasal saline mist can be used liberally throughout your recovery period. This will help to soften the crusts.
 - o Your doctor may have you start nasal saline irrigations to help wash away and soften the nasal crusts. This will typically be started 1-2 days after surgery. Use the Neilmed Saline Nasal Rinse which can be purchased at any pharmacy.

Nasal Care

- A gauze dressing can be applied under your nose to catch any excess drainage. This can be changed as needed.
- Ice can be applied to your nose to help minimize the pain and inflammation. A frozen bag of peas works well, as this will conform to your face.

Follow-up

You will need several follow up visits. You will first be seen 5-7 days after surgery and then typically a few weeks after that. During these visits, old blood and mucous will be suctioned from your nose after a numbing nasal spray has been applied.

Call Lakeside ENT & Allergy at 585 - 394 - 8800 if you develop any of the following symptoms:

- Excessive bleeding
- A change in vision or double vision
- Poorly controlled pain
- A severe headache that is not controlled by pain medication
- Fever >101.5