



Excellence in Specialty Care for the Head and Neck ~ A Division of Select Physicians Alliance, PL

Endoscopic Sinus Surgery

You have been scheduled for surgery to relieve sinus blockage using carefully guided surgery inside the nose, done through the nostrils with small telescopes. The following instructions should answer most of your questions about what to expect after surgery.

After Surgery:

- *Plan to limit your activity for 10 days after surgery. This means no heavy lifting or straining, and no strenuous exercise.*
- *Some discomfort after surgery is expected, and it is usually the worst by the third or fourth day. You will have a prescription for **pain medication**, and you should not hesitate to use it regularly for the first few days as directed.*
- *You will be given prescriptions for **antibiotics** and these should be taken as directed.*
- *You may have packing material in the nose after surgery. You will be asked to return to the office in 1 – 2 weeks for removal. It should be left undisturbed until your follow-up visit.*
- *Some nasal discharge and a small amount of bleeding are common for about the first week. If there is excessive and/or persistent bright red bleeding, please call the office.*
- *When lying in bed, keep your head and shoulders elevated above your hips. This will help reduce swelling and discomfort*
- *Nasal congestion is common for about the first week, but it will improve once all packing is removed and as swelling in the nose resolves.*
- *Do not blow your nose until you are instructed that it is safe to do so.*
- *You will be asked to return for postoperative visits 1 week, 2 weeks, and 6 weeks after surgery. You will be given additional instructions about postoperative care at each follow up visit. Occasionally a few extra visits are needed.*