

Endoscopic Sinus Surgery

During this surgery an endoscope will be inserted into your nose. An endoscope is a thin tube which acts like a telescope. It allows the surgeon to see up into your nose and sinuses. For a healthy recovery after surgery, please follow these instructions.

It is normal after sinus surgery to have facial pain and discomfort. This can last 4 to 5 days, but should get better over time.

Pain medication

- Take acetaminophen (Tylenol) every 4 hours as needed. The usual dose is 325 mg to 650 mg every 4 hours. Acetaminophen is in a few medications that you may be taking for pain such as:
 - Plain Tylenol
 - Tylenol 1,2,3,4
 - Extra Strength Tylenol
 - Percocet
- **Do not take more than 4000 mg of acetaminophen in 24 hours.**
- If needed, take Ibuprofen (Advil or Motrin) for moderate or severe pain. This can be taken in addition to acetaminophen. The usual dose of Ibuprofen is 400 mg every 6 hours.
- **Do not take more than 1200 mg in 24 hours.**

Your surgeon may give you other prescription pain medication. Many medications, vitamins and supplements can cause bleeding. Do not take aspirin, or any other pain medications, supplements and vitamins unless prescribed by your surgeon.

Activity

- Rest for the remainder of the day.
- Return to work when you feel well, usually in 1 to 2 weeks.
- No heavy lifting (20lbs or 9 kgs), straining or sports for 2 weeks after surgery.

Special care

- Sleep with your head raised (use 2 pillows) for the first week after surgery to help reduce swelling.
- Do not blow your nose for 2 weeks after surgery. Sniff in secretions and spit out.
- If you must sneeze, sneeze with your mouth open.

CPAP

- If you have obstructive sleep apnea and use CPAP, please speak with your surgeon about how to use it after surgery.

Vision

- You need to check your vision or how well you see every 2 hours for the first 24 hours after your surgery. The first night you should wake up every 4 hours to do this. There should be no change with your vision.

Eating

- Eat your normal diet and drink plenty of fluids.
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Dressing care

- You will have a small dressing under your nose called a 'dripper'. Bloody drainage or pink secretions are normal for a few days. You may change the dressing as often as needed.

Nasal rinses

- You will need to rinse your nose or nasal passages out 3 times a day with a saline rinse until you see your surgeon.
- You can buy HydraSense® (use medium stream attachment) or NeilMed® sinus rinse. Use the squeeze bottle, and not the netipot. Your surgeon may prefer you to use NeilMed®.

To make your own rinse:

1. Add 1 teaspoon of sea salt and a ¼ tsp of baking soda to a cup of distilled water (8 oz or 250 ml). You can also use tap water, boil for 3 minutes and then cool to room temperature.
2. Add water to fill line on squeeze bottle.

To rinse:

- Lean over a sink squeeze 1/3 to 1/2 of the solution to one nostril. The solution may flow out of the other nostril or to the back of the throat. Spit out.
- Repeat rinse with other nostril. Discard any remaining solution. Rinse bottle and allow to dry between nasal rinses.
- Wash bottle with soap and water twice a week.

Follow-up

- Your follow-up visit with the surgeon is 1 to 2 weeks after surgery. You will need to call for an appointment.

Who can I call if I have questions?

- If you have any questions, please contact your surgeon's office.
- For urgent questions after hours, please call the Otolaryngologist – Head & Neck (ENT) surgeon on-call at 905-521-5030.

When do I need to get medical help?

- If you notice a change in your vision in one or both of your eyes that is not normal.
- If you have increasing bleeding from your nose.
- If you notice that you are swallowing blood.
- You have a fever 38.5°C (101.3°F) or higher.