

Endoscopic Sinus Surgery

1. You will be drowsy following surgery—we have given you medication to help make you more comfortable. Expect to doze on and off during the evening. Simply make yourself comfortable when you get home. Sleep in the semi-upright position for at least the first two nights. The drowsiness will disappear in the evening or the next morning. The day following surgery you may still feel a bit tired, but go ahead and resume your normal activities immediately. Your energy will return more rapidly if you begin to resume normal activity the day following surgery. You may clean the inside of the nose with a Q-tip soaked in hydrogen peroxide to remove the crust and old blood. Also, you may use “Afrin” or other generic nasal sprays twice a day for 3 days only.
2. You may be a bit stiff when you first awake in the morning following surgery. Go ahead and move about without fear of disrupting anything. Do not lift or move heavy objects following surgery for two full weeks. This includes lifting children, groceries, backpacks, etc. Gradually work your way up to your usual routine. No physical activities for the first week, but you may resume light activities on the second week.
3. A gauze dressing will be placed on your upper lip to absorb drainage from your nose. It will be necessary to change the dressing several times on the day of your surgery. At first, there will be a small amount of bright red bleeding, but do not be alarmed. This is normal and it may continue through the first week. **ANY BRIGHT RED BLOOD THAT LAST MORE THAN TEN MINUTES OR IS HEAVY SHOULD BE REPORTED TO ME IMMEDIATELY.** Call my office immediately if this should occur. Old blood that accumulated during surgery is dark reddish-brown. It will drain for several weeks and is of no concern. This drainage may be thicker and yellow-green in color. This is normal and not a sign of infection.
4. It is not unusual to have some nausea following surgery, particularly if you get up and move around too soon. Most nausea will be gone 6-8 hours after surgery. Although we have given you nausea medication prior to, during, and possibly after surgery these medications are only about 80% effective and you may still experience a bit of nausea. If so, simply relax and do not try to eat any heavy foods—just try some clear liquids.
5. You will be given a prescription for pain medication. Take a pain pill before retiring the evening of surgery (preferably after you have eaten something to avoid stomach irritation). It is a good idea to take another pain pill the morning after surgery since you may feel a bit stiff and uncomfortable when you begin to move around. If the pain pills disagree with you in any way, simply extra-strength Tylenol—most patients find that by the first or second day after, Tylenol is quite adequate. Pain medication may be necessary for as long as two weeks after surgery.
6. An antibiotic will be prescribed to prevent infection. Decongestants, nasal sprays, and sometimes a mild steroid are ordered to aid with the healing process.
7. Expect to have more swelling when you awake the morning after surgery. If you can comfortably sleep on a wedge pillow, this will reduce swelling and allow for better nasal drainage.

8. Ice packs may be placed over your cheeks every three to four hours for 15-20 minutes. This will help to decrease swelling and discomfort. Use a cool vapor humidifier at your bedside for the first week. This helps loosen secretions and prevent crusting inside the nose.
9. It is normal to have nasal drainage which will be blood-tinged for the first 48-72 hours. Usually the drainage decreases markedly after 24-36 hours and becomes clear. Remember that your nose will be stuffy for a week or two because of the lining being swollen. This is normal and expected. The stuffiness will gradually decrease over the next few weeks, so PLEASE BE PATIENT. After this, an improvement in your nose and breathing should be noticed.
10. **ONLY, IF GIVEN INSTRUCTIONS**.... to do the salt water irrigations, you need to start irrigating 48 hours after surgery. This depends on your physician preferences. Perform the irrigation 2-3 times a day until you are instructed to discontinue. This irrigation will greatly contribute to the healing process.
11. **DO NOT BLOW YOUR NOSE!** You may sniff secretions to the back of your throat and expectorate them. Blot—**DO NOT WIPE**—from the end of your nose. Blowing your nose risk significant bleeding. Abstain from blowing your nose for 2 full weeks and then you may gently start blowing your nose again.
12. If you have to sneeze, do so with an open mouth.
13. Avoid any type of aerobic exercise that elevates your pulse above 90 for a minimum of 3 weeks after surgery. When your pulse rises, the accompanying rise in blood pressure can cause bleeding. Gradually resume exercise beginning 2-3 weeks after surgery. Avoid any type of contact sports for a minimum of 4-6 weeks after surgery. During this time, any strong blow to the nose could disrupt the recontoured nasal bone area. Moderate bumps and blows to the nose will usually not cause disruption.
14. We have changed the pattern of air flowing through your nose. These changes are to relieve airway obstruction and increase airflow through your nose. Due to swelling, the best improvement in air flow will not be noticeable until swelling decreases two to three weeks following surgery. Do not worry that your breathing feels different through the nose. You will adapt to the new pattern of air flow naturally over a period of weeks.
15. If your nose begins to bleed at any time, try to relax (this is imperative to avoid being overly excited and thus, increasing blood pressure levels). Also, to decrease bleeding, lay down with your head slightly elevated. Use a moist washcloth and apply gentle pressure to the nostril area. If relaxation and pressure to the nostril does not control more excessive bleeding, call the office 972.566.8300 immediately.
16. If you have any of the following problems call me immediately.
 - Loss of vision
 - Double vision
 - Black eyes
 - Bulging of one or both eyes
 - Cervical stiffness (you are not able to touch your chin to your chest)
 - Fever above 101 degrees
 - Marked headaches or severely diminished strength

17. We have spent considerable time and effort to make your surgical experience a pleasant one. I would personally appreciate your suggestions and comments regarding any area of your care which you think could be improved or changed to make your experience better.
18. If you have any additional questions or should any problems arise, please contact my office immediately by telephone. 972.566.8300

Post Operative Visits:

It is very important to keep all appointments after surgery. At these visits, the doctor will clean and examine the operative area. This cleaning prevents scarring. Post-op appointments start two weeks after surgery unless otherwise instructed. The frequency of the visits vary depending on your rate of healing. As a general rule, you can expect four to six visits during the first one or two months after surgery.

I recommend that you eat a light meal before arriving for your appointment. Also, take your pain medication one hour prior to the first or second visit. If you are taking Tylenol with codeine, please have someone drive you for this appointment. The medication may cause drowsiness. Occasionally, it may be necessary for you to have something stronger for pain at the first and second visits. I will discuss this option with you.

During these post-op visits, I will be using the ridged scope and performing a procedure usually covered under most insurance "co-pay" plans. Therefore, you will be responsible financially for the "co-pay" of the procedure, as determined by the benefits of your insurance policy. Our insurance department will be happy to provide you with assistance in determining your benefits.

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