Dr. Andrew Silva  
Postoperative Care  
Endoscopic Sinus Surgery

Purpose  
The purpose of endoscopic sinus surgery is to open the normal drainage pathways from the sinus cavities into the nose in order to improve drainage.

What to expect after surgery

Pain/Pressure  
The patient will feel pressure pain at the cheekbones and forehead for 2-3 weeks. Headaches are a common complaint after sinus surgery. The physician will prescribe a pain medication after surgery. Do not give aspirin or Ibuprofen.

Nasal drainage (occasionally bloody)  
The removal of the sinus tissue can leave raw areas that can cause some mucus drainage, bleeding, and blood clots. This can occur for several weeks after surgery.

Bleeding  
If more than light bleeding or oozing occurs, use Afrin spray, lie down with head elevated and remain calm and quiet. If Afrin is used for light bleeding/oozing spray 2 puffs in each nostril, if bleeding in not initially controlled the Afrin can be repeated after 15 minutes, if bleeding continues please contact your physician for additional instructions. Light bleeding or dripping from the nose may occur when leaning over for the first 3-4 days after surgery. Some patients may not have any drainage.

Nasal Congestion  
Surgery can cause some swelling to the mucous membranes in the nose. This can cause feeling of fullness or congestion in the nose that can last for about 2-3 weeks after surgery.

Nose Blowing  
Do not blow the nose for 1 week, but you can gently blow the nose (without occluding either nostril, Keep mouth open) after 2-3 days. The patient should sneeze with the mouth open.

Post nasal drop/ Cough  
The healing process in the sinuses can cause an increase in mucus production. The patient may experience drainage down the back of the throat that can cause a cough for 3-4 weeks after surgery.
**Fever** *(Low-grade fevers are common after surgery.)*

The patient may run a fever for several days after surgery. If the fever remains over 102 and is not improving 30-45 minutes after Tylenol or pain medication please call the office. It is important that patients drink plenty of fluids after surgery. This will not only make them feel better, but will reduce the chance of fevers.

**Activity**

Quiet activity for 7 days. School can be started in 3 days if patient feels well. No sustained physical activity (sports, running, heavy lifting, swimming, P.E. class, bounce houses, etc….) for 7 days after surgery.

**Diet**

The patient may eat and drink a normal diet.

**Postoperative Care**

**Gauze pad** – the patient can wear a gauze pad under the nose to collect drainage as needed for the first couple of days.

**Head Elevation** – Try and keep the child’s head elevated more than 30 degrees for the first week after surgery when sleeping. This can help with the post nasal drainage and night time cough.

**Medications** – Your physician mailed the patient prescriptions for antibiotic, pain medication, if nausea medication is need your physician will send you home with a prescription. The patient should take all medication as prescribed.

**Pain Medication** – Pain medication should only be taken as needed. The patient can take over the counter Tylenol but not if taking prescribed pain medication.

**Nasal Steroids** – (Nasonex, Flonase, Veramyst, etc…) Resume the use of nasal steroids 3 days after surgery. Wait to give the nasal steroid more than 30 minutes after saline irrigation.

**Nasal Saline Irrigation** – Begin nasal saline irrigation 2 days after surgery as instructed by your doctor. Irrigations are done by using the Neilmed Sinus Rinse. Half a bottle of saline should be used one to two times per day or more often if needed. Saline should be prepared fresh each day.

**Antihistamines** (Zyrtec, Claratin, Allegra, Xyzol, etc…) - Stop taking antihistamines after surgery because of the adverse drying effects unless instructed otherwise by the patient’s physician.

**Follow Up Appointment** – The patient should be seen in about 2-3 weeks after surgery unless told otherwise by physician. Call for an appointment ahead of time or for any questions.
If you need to reach us, please call the office at 703-858-4439 if it is after hours call the after hours number.