



Alvin Umeda, MD
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Otolaryngology

INSTRUCTION SHEET ENDOSCOPIC SINUS SURGERY

Endoscopic Sinus Surgery: After Care Instructions

- You will spend one to two hours in the recovery area after surgery. When you are no longer groggy from the anesthetic and have no unusual nausea or bleeding, you will be discharged.
- A nasal dressing (“mustache dressing”) may be used to absorb any bloody drainage. You may need to change the gauze dressing as needed to absorb the drainage of blood from your nose.
- If blood continues to ooze out of your nose, first try spraying over-the-counter Afrin nasal spray into both nostrils to promote constriction of the blood vessels. Continue using the Afrin nasal spray every 8 hours for a couple of days.
- First try a clear liquid diet since you may still feel a little nauseated. You may resume your normal diet when you feel well.
- Sleep with your upper body elevated to reduce the pressure in your head.
- Avoid blowing your nose. You do not want to dislodge the nasal pack that is inside your nose.
- Avoid exercising, straining, lifting or bending forward.
- Avoid eating hot or spicy foods.
- Dr. Umeda will see you in a few days to remove the nasal packing and clean your nose. You should take your pain medication prior to this visit and be sure to have someone drive you to the office.
- You will need frequent brief visits after endoscopic sinus surgery to clear out old blood, crust and mucous from your nose. This promotes faster healing and helps to prevent complications.
- Do not travel by plane for a few weeks after surgery to avoid pressure changes and the drying effects of the airplane air.
- Avoid medications that might dry your nose such as antihistamine.
- Avoid exposing yourself unnecessarily to substances that cause you to have allergic reactions.
- Avoid using dehydrating substances such as alcohol and coffee or expose yourself to irritants such as cigarettes.
- Call your doctor if:
 - ▶ You’re bleeding excessively
 - ▶ You have signs of infection, such as fever, yellow or greenish discharge, unrelieved headache, or increased pain.
 - ▶ You have decreased or double vision, a stiff neck, or you feel extremely fatigued.

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