

**ARKANSAS OTOLARYNGOLOGY CENTER
POST OPERATIVE INSTRUCTIONS
ENDOSCOPIC SINUS SURGERY**

Important: If you go home with nasal packs in place they must be removed within 24 hours of surgery! Remove the packs by pulling the attached string from one side of the nose at a time. It is common to have some bleeding for a short time after the packs are removed.

1. Unless instructed otherwise, your first postoperative visit will be about 5-7 days after surgery. The nasal cavities will be cleaned at that time. This cleaning may be uncomfortable even with the use of topical anesthesia. The cleaning may be repeated at 3-7 day intervals for several weeks post-op until healing is complete.
2. Do not blow your nose until approved by your doctor. Usually you can begin blowing your nose gently after the first postoperative visit. If you need to clear your nose, you may sniff. If you must sneeze, do so with your mouth open.
3. It's important to use saline nasal spray or saline drops after surgery to keep the nose from crusting and closing off the newly open sinus drainage passages. During waking hours the nose should be sprayed or drops used every 30 minutes to one hour to keep the nose moist.
4. You should plan 7-10 days off work for recovery, though many patients are able to return to work sooner.
5. Notify the surgeon or on call doctor if any signs of eye swelling, eye pain, black eye or vision concerns develop after your surgery.
6. It is normal to experience a mild, steady oozing of blood-tinged mucous for a few days after surgery. If you notice any clear, thin, watery drainage from the nose or excessive bleeding, please call the office.
7. Medication: Pain, nausea and other medications will be prescribed by your physician as indicated. **Do not** use aspirin or ibuprofen products unless approved by your physician. Your next scheduled pain medication dose is _____.
8. Breathing or respiratory concerns should be reported to your physician immediately.

If you have any further questions regarding your comfort or care, please contact our office (501) 227-5050.

Emergency/Doctor on call at the Medical Exchange (501) 663-8400

Surgery center hours are Monday-Friday from 7:30am to 5:00pm. If you need to see a physician after hours do not return to the surgery center, go to the emergency room.