



**Instructions Post-Operative
Endoscopic Sinus Surgery**

1. **Pain** – is variable; do not perform any exercise as this will increase pain as well as bleeding. Do not plan any projects during the first week post-operatively. Take pain medication prescribed with at least some food in your stomach; remember, the first night will likely bring some nausea from the general anesthetic, therefore no large meals.
2. **Rest** – as above; no exercise or excessive bending or lifting as this will increase pain and bleeding.
3. **Nose blowing** – you will likely have silastic (silicone) “spacers” in place for at least 1 week. These are intended to minimize scarring within the nose and are **crucial** to a good post-operative result. Although the spacers are sutured (stitched) loosely in place, any nose blowing may displace the spacers. Removal of the spacers will be in approximately 1 week.
4. **Bleeding** – expect some bloody mucous from the nose and the back of the throat, especially during the first 24 hours. Abnormal bleeding would be filling a Kleenex in 1-2 minutes or coughing up large blood clots. **Call Dr. Jungkeit at the number above** if such bleeding occurs. **DO NOT take Aspirin, Aspirin containing products, Ibuprofen, Naprosyn®, Vitamin E, Gingko or any blood-thinning medication for 2 weeks** after surgery.
5. **Irrigations** – nasal irrigation is also very **crucial** to a good post-operative result, however, these will not begin until the nasal packing is removed. Expect to be misting the nose every 15-30 minutes while awake until the spacers are removed and then every 2-3 hours while awake for 1 month post-operatively. Instructions for saline (salt-water) nasal misting will be given on a separate handout at the time of packing removal in the clinic.
6. **Voice changes** – are common after sinus surgery. It is highly variable, with some patients experiencing no changes. The source of the change is from the larger amounts of air that resonates through the sinuses during speech after surgery. The primary goal of the surgery is to allow more air to freely move into the sinuses which helps to prevent future infections. These voice changes are typically noticed more by the patient rather than those around them. Most of these changes are temporary while the more subtle permanent changes simply take time for adjusting.

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