GRANGER MEDICAL CLINIC

Granger Ear, Nose, & Throat
2965 W. 3500 S., West Valley City, UT 84119
office 801.965.3484

Post-Operative Care for Endoscopic Sinus Surgery

Once your surgery has been completed, you will begin the post-operative care phase of your treatment. Your full participation during this phase of treatment is critical to the success of your surgery. The following guidelines will help you assure a successful surgical outcome.

Instructions:

1. You should anticipate weekly return visits to our office for sinus cleanings. Weekly visits typically will continue for 3-4 weeks, although some patients will require a longer period of weekly care. Thereafter, your visits will be gradually spaced apart as healing progresses

2. You may experience some bleeding from the nose for several days after surgery and for a brief time after the first several office visits. If bleeding occurs, tilt your head back slightly and breathe gently through your nose. You may dab your nose gently with tissue, but do not blow your nose, as this may cause more bleeding to occur. If bleeding persists for an extended period of time, please call our office

3. Do not blow your nose for 1 week following surgery. After one week, if the doctor permits, you may begin to blow your nose gently. If you feel the need to sneeze, do not suppress it, but instead sneeze with your mouth open

4. For 1-2 weeks after surgery, use a saline nasal spray (*non-decongestant*) every 1-2 hours during the day to keep your nose and sinuses moisturized. This not only provides relief of nasal drying and crusting, but also makes it easier to perform sinus cleaning at the weekly visit. The doctor will also recommend sinus irrigations twice a day

5. Please refrain from all strenuous activity for at least 2 weeks. This includes exercise as well as any form of bending, lifting more than 25 lbs., or straining. Dr. Leonard will discuss restrictions with you at your appointment

6. Several weeks after your surgery, you may notice some dark brown nasal discharge. This represents old blood and mucous being cleared from the sinuses and is normal. It does not represent a sinus infection

7. You may be taking oral antibiotics for several weeks after surgery to ensure that all signs of inflammation and infection have resolved. Prolonged courses of antibiotics may cause gastrointestinal upset in some patients. Taking probiotics (such as active culture yogurt or acidophilus tablets) on a daily basis may help alleviate gastrointestinal symptoms. If you develop

severe diarrhea, stop your antibiotics and contact our office. If your diarrhea persists after stopping antibiotics, your may require further medical evaluation

8. Take your pain medication as instructed. We recommend taking a dose of pain medication after 45 minutes to 1 hour before each of your first two postoperative visits. Make sure not to drive if you are taking narcotic pain medications. Do not take any aspirin or aspirin-related products such as ibuprofen, Motrin, Advil, naproxen or Aleve for 4 weeks after your surgery, as these medications can thin the blood and promote bleeding. If you wish a non-narcotic alternative, Extra-Strength Tylenol (acetaminophen) is often sufficient

9. Call our office as soon as possible if you experience any of the following symptoms:
    - Fever greater than 101.5 degrees
    - Clear, watery nasal discharge
    - Any visual changes or marked swelling in eyes
    - Severe headache or neck stiffness
    - Severe diarrhea
    - Vigorous bleeding

10. Please write down any questions you may have and bring them with you to your next appointment so that we may answer them at that time

If you have questions or concerns, please call our office at:

801.965.3484

After hours answering service/physician-on-call:

801.596.6650