

**Ear, Nose & Throat Center of Austin**

**Karen L. Stierman, M.D.**

**Russell D. Briggs, M.D. F.A.C.S.**

**102 Westlake Drive, Suite 103 ◆ Austin, TX 78746 ◆ 512-328-7722**

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***Endoscopic Sinus Surgery Post-op Instructions***

**The days following surgery:**

- Avoid bending, stooping, straining, heavy lifting or physical exertion for 10 days or until your doctor permits you to do so. An elevation in blood pressure can trigger a nosebleed. As you increase mobility, you may see a return or increase of pain.
- Avoid any excessive fatigue or unnecessary exposure, which may cause you to catch a cold. If this should happen, notify your doctor with any ear symptoms.
- DO NOT blow your nose for 48 hours. Begin nasal saline washes with Ocean Spray or Ayr nasal spray the day after surgery (Four or more times per day - You cannot use too much). After 48 hours, you may begin to blow your nose gently. Washing with the saline first will help clean the nasal cavity.
- Sneeze with your mouth open. Do not try to suppress the sneeze in any way as this puts pressure on your sinuses.
- There are no bathing restrictions. Avoid swimming until your doctor permits you to do so.
- Foods: Normal diet may be resumed if no nausea and/or vomiting has occurred. Gradually work up from clear liquids and crackers to foods that are tolerated. Remember to drink plenty of fluids if you have no restrictions to do so. Water is best!
- Call your doctor's office for a follow-up appointment. You should be seen one week after your surgery.

**Answers to FAQ's on post-op issues:**

- If you develop excessive nausea/vomiting or lightheadedness call your doctor immediately-
- Swelling inside the nose is expected and may completely block the nose. This may last up to 10 days. Blood-tinged mucous may drain from the nose and down throat.
- Breathing complications with children after general anesthesia occur rarely. The symptoms are croupy sounds when breathing in, noisy gasping sounds or abdominal tension with breathing.
- If you were given steroids during surgery or prescribed steroids after surgery, you may experience an elevation in anxiety or sleep disturbances. Less common symptoms are hallucinations.
- If you were given narcotics/pain medication during surgery or prescribed narcotics after surgery, watch for urinary retention. This is especially common in males over 50 or males with a history of prostate problems. Contact your physician if you are unable to urinate within hours of your surgery.
- With all patients, common symptoms with narcotics/pain medications are itching without rash and nausea. If rash or vomiting develop after taking a medication please contact your physician

**Medications:**

- If your doctor ordered medication, take as he or she directed. If you have questions regarding your medication, please check with your pharmacist or doctor.
- Tylenol is usually adequate for children.
- Do not take Aspirin products.
- Motrin may be taken for breakthrough pain if absolutely necessary, but can tend to thin the blood so do not use in cases of excessive bleeding.
- Do not drive or operate any machinery or drink alcoholic beverages for 24 hours or while taking narcotics.
- If you experience excessive nasal bleeding, use 2-4 sprays of Afrin in each side of the nose and hold pressure on the soft part of the nose for 10 to 20 minutes.

*It has been a pleasure to serve you.*