

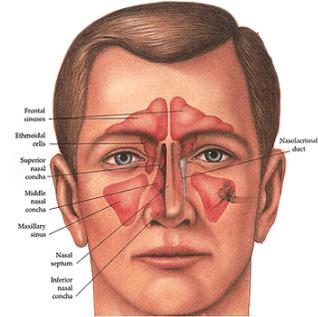


SINUS SURGERY



WHAT ARE THE SINUSES?

Sinuses are cavities in the head that help filter and humidify air. They are located below, above and between your eyes. There are six sinus cavities and numerous cells between the eyes. When they get inflamed they cannot drain and fill with infectious cells. This causes sinusitis.



What should you expect BEFORE surgery?

The day before surgery you will come to the office for your preoperative paperwork. At that time you will be given prescriptions for pain medication and antibiotics. Please fill these before your surgery so that you do not have to worry about it afterwards. If you were given anything to take prior to surgery please start it one week before your surgical date or as directed by your LA CENTA physician.

What should you expect AFTER surgery?

- After surgery you will wake up in the post operative care unit with a very blocked up nose. If you had your septum repaired, you will also have splints in your nose (see septoplasty instructions).
- You can expect some pain and headaches after surgery and will be given pain medication to help. Take it only as needed.
- On the day of surgery you will be sent home with gauze and tape to change the dressing under your nose. We call this a “mustache” dressing. It is there to catch blood that may be draining after surgery. You do not need it, but without it you may stain your clothes or carpet.
- **SOME BLEEDING IS NORMAL. IF YOU HAVE TO CHANGE THE MUSTACHE DRESSING MORE THAN 4X/HOUR PLEASE CALL YOUR SURGEON.**
- You should call to make a post operative appointment in 5-7 days with your surgeon. (323) 268-6731



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What MAY Happen After Surgery

Below are a few of the postoperative complications that may occur. If you have a problem after surgery please read this list before calling. If you are still concerned after reading below please feel free to call us at any time.

POSSIBLE COMPLICATIONS

- **BLEEDING:** As discussed above, bleeding will most likely occur after surgery. Any more than 4 dressing changes per hour should warrant a call to your surgeon. If you have steady bleeding after surgery try to tilt your head back and breathe through your mouth. Some general instructions to avoid bleeding:
 - KEEP YOUR HEAD ABOVE YOUR HEART
 - DO NOT BEND OVER
 - DO NOT BLOW YOUR NOSE
 - SNEEZE THROUGH YOUR MOUTH
 - NO HEAVY EXERCISE
- **PAIN:** Overall sinus surgery is not very painful. You should expect some pain and pressure but over-the-counter Tylenol should relieve it. Try not to use Motrin or Ibuprofen if possible as it increases the chances of bleeding. You will also be given a prescription for pain medicine to use as needed. Try to avoid using it as it causes constipation.
- **FATIGUE:** You can expect to feel very tired for about one week after surgery. This is normal and most patients require one week off of work or school to recover.
- **NASAL CONGESTION & DISCHARGE:** You will have a great deal of congestion after surgery for 1-3 weeks. At each post operative appointment you will get better. We encourage twice daily saline rinses with a SINUS RINSE KIT after the first visit.
- **POSTOPERATIVE VISITS:**
 - On the first visit you can expect to have the splints removed if you had a septoplasty. If not you will have a procedure called a debridement done where your surgeon will removed any debris in the nasal cavity. This may cause some pain. Use the pain medication before or after to help.
 - You will most likely require 2-3 debridement's to ensure proper healing. Expect to see your surgeon every 1-2 weeks for a few months until you have fully recovered.

LOS ANGELES CENTER FOR EAR, NOSE, THROAT AND ALLERGY

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WHAT TO AVOID AFTER SURGERY

Nose Blowing and Straining: You should avoid straining, heavy lifting (> 20 lbs) and nose blowing for at least 10 days after surgery. Straining or nose blowing soon after surgery may cause bleeding. You can resume 50% of your regular exercise regimen at 1 week after surgery and your normal routine 2 weeks after surgery.

Aspirin or Non-steroidal Anti-inflammatory (NSAIDs) medications: Aspirin and NSAIDs such as Motrin, Advil, and Aleve should be stopped 2 weeks prior to surgery. Aspirin and NSAIDs such may cause bleeding and should be avoided for 2 weeks after surgery.

Steroid Nasal Sprays: If you were taking nasal steroid sprays prior to surgery you should avoid using these for at least 2 weeks after sinus surgery to allow the lining of the nose and sinuses to heal. Your doctor will tell you when it is safe to restart this medicine.

POST OPERATIVE CARE INSTRUCTIONS

Nasal Saline Spray: Nasal saline mist spray can be used every 2-3 hours after surgery and can make your nose more comfortable after surgery. These sprays (Ayr, Ocean, Simple Saline) are over-the-counter medications and can be purchased in any pharmacy.

Sinus Irrigations: You will start the sinus irrigations with the sinus rinse kits (NeilMed Sinus Rinse Kit) the day after surgery (IF YOU HAVE SPLINTS IN YOUR NOSE FROM SEPTOPLASTY YOU WILL WAIT UNTIL THEY ARE REMOVED). This must be performed at least twice daily. Your doctor or nurse will show you how to perform the irrigations. At first they will feel strange if you haven't done them before. Soon, however, they will become quite soothing as they clean out the debris left behind in your sinuses after surgery. You can expect some bloody discharge with the irrigations for the first few days after surgery. These irrigations are critical for success after sinus surgery!

WHEN TO CALL AFTER SURGERY

- Fever after the day of surgery higher than 101°F
- Constant clear watery discharge after the first week of surgery
- Sudden visual changes or eye swelling
- Severe headache or neck stiffness
- Severe diarrhea
- Steady, brisk nose bleeding that doesn't get better after using Afrin

AT ANY POINT AFTER SURGERY YOU MAY CALL THE OFFICE (323) 268-6731. IF IT IS AFTER HOURS IT WILL FORWARD TO THE EMERGENCY MAILBOX, WHICH WILL PAGE THE DOCTOR ON CALL. PLEASE REMEMBER TO LEAVE YOUR PHONE NUMBER TO CALL BACK AND THE PATIENTS NAME AS IT MAY NOT BE YOUR SURGEON ON CALL.

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