DO NOT stay in bed for the entire day after surgery if possible. 
Becomes genly active to avoid blood clots forming in your legs. 
Exercise your feet by bending your feet at the ankles 10 times/hour while awake in bed.

DO use nasal saline spray (without decongestant) every hour while you are awake beginning the day after surgery. This helps moisten your nose and prevents large crusts from forming.

DO place antibiotic ointment (such as Bactracin®/ Neo- sporin®/ triple antibiotic ointment on a Q-tip onto your nostril hairs at bedtime each day to minimize crusting at the front of your nose. The Q-tip should be a glistening with a thin film of ointment and not “goopy” before the application. Please do not use your finger to apply the ointment.

DO use nasal saline irrigation four—six times daily beginning on post-operative day three unless otherwise instructed. A bulb syringe tends to be most comfortable. Use about 50 cc of saltwater (saline) in a bulb syringe per nostril while leaning forward over a sink. Two of the rinses daily should include your prescription rinse if one was used before surgery.

IMPORTANCE OF POST-OPERATIVE CARE VISITS

DO resume your antibiotics, oral steroids and other sinus medications (if they have been prescribed for you) the day after surgery. Diarrhea from antibiotic usage can lead to a serious health problem. This can often be prevented by taking probiotics like acidophilus daily, which is found in yogurt such as Lactobacillus acidophilus, which is found in yogurt. Do not use your finger to apply the ointment.

DO notify us for any of the following: temperature elevations above 100.5 F, clear watery drainage from your nose, changes in vision, swelling of the eyes, worsening headache, acne or itchiness. Post-operative visits are an indispensable part of the surgery, since they help promote healing and prevent persistent or recurrent disease. The first follow-up visit usually occurred at approximately one week after surgery to clean crusts from the nose. Changes in vision, swelling of the eyes, worsening headache, acne or itchiness are all indications of persistent disease. The majority of people with sinusitis do not require surgery. Getting this problem under control can take more than a year once the inflammation is well established. Therefore, controlled chronic sinus inflammation and to prevent the sudden disabling exacerbations of your condition. Stopping treatments without consulting with your physician is likely to lead to worsening of the condition. Especially when polyposi or fungi are involved in chronic rhinosinusitis, patients can be unreliable in noticing the extent of their own problem. Thus it is not until there is a recurrence of nasal blockage, cough, asthma, colored nasal drainage, or loss of sense of smell when the problems are noticed.

Endoscopic sinus surgery is generally intended for people with chronic sinus problems that do not respond adequately to medical therapy. The diagnosis of chronic rhinosinusitis must be based on an assessment by your doctor, as other problems can cause symptoms similar to those found with sinus disease. The majority of people with sinusitis do not require surgery. Their sinus symptoms can usually be successfully treated medically with an antibiotic, and other medicines used to reduce inflammation. The type of medical therapy used is based on your doctor’s assessment of the possible causes. Maximal medical therapy is typically initiated to see how you respond to treatment before deciding on a surgical procedure. If it is felt that you would benefit from endoscopic sinus surgery, your permission/consent will be obtained and a date will be arranged for the procedure.

* Information contained in this brochure is not intended to encompass all possible scenarios. It is not intended to replace consultation with your physician and this information is subject to change without notification. Last updated 10-8-14. © Sinus & Nasal Institute of Florida Foundation
**HOW DO I PREPARE FOR SINUS SURGERY?**

1. **Surgical Preparation**
   - Prior to surgery, you will need to take blood work and any other tests ordered by your surgeon. This preparation is usually done at the SNI testing center.
   - The testing includes blood work and imaging studies (such as CT scans or MRIs) to evaluate the sinuses and determine the best treatment plan.

2. **Surgical Procedure**
   - Surgery is typically done on an outpatient basis, although some procedures may require an overnight stay. During the procedure, general anesthesia is used to ensure you are comfortable and relaxed.
   - The surgery involves making small incisions to access the sinuses and remove any obstructions or inflamed tissue. The surgery is done using surgical tools and instruments.

3. **Postoperative Care**
   - After surgery, you will likely experience some discomfort and swelling. Pain medication is typically prescribed to help manage these symptoms.
   - For the first 24 hours after surgery, you should rest and avoid strenuous activity. It is important to stay hydrated and eat a soft diet to help with healing.
   - Antibiotics are often prescribed to prevent infection and to promote healing.
   - Nasal packing is typically removed after 12-24 hours, and you may experience some bleeding. It is important to report any excessive bleeding to your medical team.

4. **Recovery**
   - Recovery time for sinus surgery varies depending on the procedure and the individual patient. Typically, you can expect to return to normal activities within a few days to a week after surgery.
   - You should avoid strenuous activity for the first few days after surgery and gradually increase your activity as you recover.
   - It is important to follow the postoperative instructions provided by your surgeon to ensure a smooth recovery.

**WHAT WILL HAPPEN DURING SURGERY?**

- **Preoperative Preparation**
  - You will be asked to fast for a period of time before surgery to ensure an empty stomach.
  - Anesthesia will be administered to help you relax and remain comfortable during the procedure.

- **Surgical Technique**
  - The surgeon will make tiny incisions to access the sinuses and remove any obstructions or inflamed tissue.
  - The incisions are typically closed with small sutures or left open to heal naturally.

- **Postoperative Care**
  - After surgery, you may experience some swelling and discomfort. Pain medication will be prescribed to help manage these symptoms.
  - You may need to take some antibiotics to prevent infection.

**WHAT TO EXPECT AFTER SURGERY**

- **Immediate Postoperative Period**
  - You may experience some pain, swelling, and a stuffy nose for the first few days after surgery.
  - It is important to take your prescribed pain medication and to rest as needed.

- **Recovery Period**
  - Recovery time varies depending on the procedure and the individual patient. Typically, you can expect to return to normal activities within a few days to a week after surgery.
  - It is important to follow the postoperative instructions provided by your surgeon to ensure a smooth recovery.

**RISKS OF SINUS SURGERY**

- **Bleeding**
  - There is a risk of excessive bleeding during or after surgery. If this occurs, it may require additional medical intervention.

- **Nasal Septal Flap (CSF) Leak**
  - A CSF leak can occur during surgery, which can lead to the loss of cerebrospinal fluid. This can be managed with additional medical intervention.

- **Infection**
  - Infection is a possible risk following sinus surgery, although this risk can be minimized by following proper sterilization techniques and hygiene measures.

- **Other Complications**
  - Complications such as scarring, tissue loss, or damage to adjacent structures can occur following sinus surgery. It is important to follow your surgeon's postoperative instructions to reduce the risk of complications.

**Postoperative Do's & Don'ts**

- **Do's**
  - Keep your head elevated for the first night after surgery.
  - Take your prescribed pain medication as directed.
  - Drink plenty of fluids to help with healing.

- **Don'ts**
  - Avoid strenuous activity for several days after surgery.
  - Do not smoke or use any tobacco products.
  - Do not bend, lift, or strain for at least one week after surgery.

**Contact Information**

SNI Physicians

550 94th Avenue North
St Petersburg, Florida, 33702

Phone: 727-573-0074
Fax: 727-573-0076

sinflimed.com

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**Additional Resources**

- **Recommended Reading**
  - "Sinus Surgery: A Guide for Patients" by Dr. John S. Williams
  - "Sinusitis and Nasal Polyps: Causes, Symptoms, and Treatment" by Dr. Robert L. Johnson

- **Online Resources**
  - SNI Physicians website
  - American Academy of Otolaryngology-Head and Neck Surgery (AAO-HNS) website

- **Follow-up Appointments**
  - Follow-up appointments are scheduled at regular intervals to monitor recovery and address any concerns.

- **Recovery Tips**
  - Take it easy and rest as much as possible.
  - Avoidphone calls, driving, or operating machinery for 24-48 hours after surgery.
  - Use a soft cool diet and resume your regular medications as directed.

- **Resume Social Activity**
  - You may return to work and enjoy normal social activities as tolerated following surgery. However, avoid strenuous activity until healing is complete.

**Postoperative Instructions**

- **Resume Social Activity**
  - You may return to work and enjoy normal social activities as tolerated following surgery. However, avoid strenuous activity until healing is complete.

- **Resume Sexual Activity**
  - Resume sexual activity as tolerated, but avoid any positions that cause pressure on the sinus area.

- **Resume Normal Diet**
  - Resume a normal diet as tolerated, but avoid foods that are difficult to chew or swallow.

- **Resume Normal Activity**
  - Resume normal activity as tolerated, but avoid any positions that cause pressure on the sinus area.

**Additional Tips**

- **Resume Normal Sleep**
  - Resume normal sleep as tolerated, but avoid any positions that cause pressure on the sinus area.

- **Resume Normal Exercise**
  - Resume normal exercise as tolerated, but avoid any positions that cause pressure on the sinus area.

**Postoperative Care**

- **Resume Normal Care**
  - Resume normal care as tolerated, but avoid any positions that cause pressure on the sinus area.

- **Resume Normal Rehabilitation**
  - Resume normal rehabilitation as tolerated, but avoid any positions that cause pressure on the sinus area.

**Postoperative Follow-up**

- **Resume Normal Follow-up**
  - Resume normal follow-up as tolerated, but avoid any positions that cause pressure on the sinus area.

**Postoperative Imaging**

- **Resume Normal Imaging**
  - Resume normal imaging as tolerated, but avoid any positions that cause pressure on the sinus area.

**Postoperative Therapy**

- **Resume Normal Therapy**
  - Resume normal therapy as tolerated, but avoid any positions that cause pressure on the sinus area.

**Postoperative Pain Management**

- **Resume Normal Pain Management**
  - Resume normal pain management as tolerated, but avoid any positions that cause pressure on the sinus area.

**Postoperative Rehabilitation**

- **Resume Normal Rehabilitation**
  - Resume normal rehabilitation as tolerated, but avoid any positions that cause pressure on the sinus area.

**Postoperative Surgery**

- **Resume Normal Surgery**
  - Resume normal surgery as tolerated, but avoid any positions that cause pressure on the sinus area.

**Postoperative Imaging**

- **Resume Normal Imaging**
  - Resume normal imaging as tolerated, but avoid any positions that cause pressure on the sinus area.

**Postoperative Therapy**

- **Resume Normal Therapy**
  - Resume normal therapy as tolerated, but avoid any positions that cause pressure on the sinus area.

**Postoperative Pain Management**

- **Resume Normal Pain Management**
  - Resume normal pain management as tolerated, but avoid any positions that cause pressure on the sinus area.

**Postoperative Rehabilitation**

- **Resume Normal Rehabilitation**
  - Resume normal rehabilitation as tolerated, but avoid any positions that cause pressure on the sinus area.

**Postoperative Surgery**

- **Resume Normal Surgery**
  - Resume normal surgery as tolerated, but avoid any positions that cause pressure on the sinus area.