

Do's:

- DO use the saline spray recommended (without decongestant) every hour or so while you are awake for the first week. This helps to moisten your nose and prevents large crusts from forming.
- DO continue your antibiotics as prescribed unless instructed otherwise. Diarrhea from antibiotic usage can lead to a serious health problem. Eating yogurt with active cultures or acidophilus tablets (available in health food stores) can often prevent this diarrhea.
- DO notify the office form any of the following: temperature elevations above 37.5 OC, clear watery drainage from your nose, changes in vision, swelling of the eyes, worsening headache or neck stiffness.

Concerns/Emergencies:

You can contact the office (information below) for emergencies or with questions.

After hours you can contact the hospital switchboard and ask for the ENT resident on call.

Alternatively, you can also go to your nearest emergency room.

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Post-Operative Care in ESS

Information for Patients

The Alberta Sinus Centre

*“Comprehensive Care for
the Sinus Patient”*

Tel: 780-407-7656

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Post-Operative Care Instructions

Why are post-operative care visits important?

Post-operative visits are an indispensable part of your surgery. They help to promote healing and prevent persistence or recurrence of the disease. You will usually be seen 5-7 days post-operatively as well as 1-2 weeks later for what is called 'debridement' of the nose and sinuses. This involves removal of crusts, mucus, and absorbable packing from the nose. You may want a family member to accompany you to these visits.

What will be done and how often will I need to come to the office?

You should anticipate visits to the office every 4-8 weeks after the 2 initial post-operative visits for monitoring of the healing process. Continued debridement may be performed at these visits, as well as removal of persistent inflammation or scar tissue.

What can I expect to experience post-operatively?

You can expect some mild bleeding from your nose for the first day or two after the surgery and again after each office debridement. This is generally not a serious problem, and is usually more of a nuisance. When bleeding occurs down the front of your nose or down the back of your throat you should keep your head straight while sitting up and breathe gently through your nose. If bleeding persists for an extended period of time notify our office.

As the sinuses begin to clear themselves after 2-3 weeks, you can expect to have some thick brownish drainage from your nose. This is mucus and old blood and does not indicate an infection.

You may experience some discomfort post-operatively due to manipulation and inflammation. Take your pain medication as directed (often extra-strength Tylenol is sufficient). You may wish to take medication for pain prior to your post-operative visits, particularly early on, when the nose is most sensitive. If the medication is sedating be sure to have someone else drive you.

IMPORTANT POST-OPERATIVE INSTRUCTIONS

Don'ts:

- DO NOT blow your nose until you have been given permission to do so (usually one week after surgery)
- DO NOT bend, lift, or strain for at least one week after surgery. These activities can cause bleeding from your nose. You should not plan on participating in rigorous activity until healing is completed.
- DO NOT suppress the need to cough or sneeze, but cough/sneeze with your mouth open.
- DO NOT resume the use of any aspirin-containing products until after discussing this with us. Typically you can restart after 7-10 days.