Endoscopic Sinus Surgery

Endoscopic sinus surgery is done by inserting a small tube into your nose to allow the doctor to see inside your sinus cavity. The surgery is done using an instrument called a scope. It is attached to a monitor, which allows your doctor to see your sinus cavities. The surgery takes about 60 to 90 minutes. Most patients choose to have the procedure done under a general anesthesia (completely asleep). However, this surgery can be done with local anesthesia and intravenous (IV) sedation frequently called twilight sleep.

The sinuses are cavities, or air-filled pockets, that are near the nasal passage. There are four different types of sinuses:

- **Sphenoid Sinus** - behind the nose
- **Frontal Sinus** - in the area of the forehead
- **Ethmoid Sinus** - area around the bridge of the nose
- **Maxillary Sinus** - in the area of the cheeks

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

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An x-ray (CT scan) of your sinuses will help the doctor decide which sinuses need to be opened. This surgery is done to make the openings of the sinuses larger. This will reduce the number of sinus infections you may have and how long they last, however, it does not mean you will never have a sinus infection again.

**Important Medicine Information**

Talk to your doctor about any medicines you take to thin your blood or prevent clots. You may need to change these medicines or adjust the amount you take before surgery.

These medicines include:
- Aspirin
- Clopidogrel, brand name Plavix
- Prasugrel, brand name Effient
- Ticagrelor, brand name Brilinta
- Apixaban, brand name Eliquis
- Ticlopidine, brand name Ticlid
- Warfarin, brand name Coumadin
- Enoxaparin, brand name Lovenox
- Dabigatran, brand name Pradaxa
- Fondaparinux, brand name Arixtra
- Rivaroxaban, brand name Xarelto
- Cilostazol, brand name Pletal
- Edoxaban, brand name Savaysa

If you have a stent, do not stop taking your medicines to prevent clots without first talking to the doctor who put in the stent. For more information, ask a member of your health care team for the patient education handout on protecting your stent.

If you take aspirin or medicines like aspirin for arthritis pain, your doctor may have you take a different medicine in the weeks before your surgery or procedure.

If your surgery or procedure is canceled for any reason, call your doctor because you may need to restart the medicines you take to thin your blood or prevent clots.

Endoscopic Sinus Surgery
What to Expect After Surgery

- You will need to see the doctor at least 4 times after surgery.
  - The first visit will be 1 to 3 days after surgery.
  - The second visit will be 7 to 10 days later.
  - The last visits are 2 to 3 weeks apart depending on how your nose heals.

**Call your doctor if you have:**
- Face swelling
- Any blood clots

**Call your doctor right away if:**
- Your eyes are bruised (black and blue)
- You have any eye (vision) problems

- Keep your head elevated 30 to 45 degrees for 2 to 3 days. Do not bend at the waist.
- Sneeze with an open mouth. Do not try to stop the sneeze.
- **Do not blow your nose until you see the doctor.** Your doctor will tell you when it is okay to blow your nose. It will depend on your surgery and healing. This can take between 3 days and 3 weeks. You may sniff through your nose to help clear the drainage.
- You may be able to breathe through your nose right after surgery, but 12 to 24 hours after surgery your nose will feel blocked. You may not be able to breathe through your nose for 7 to 14 days. This will slowly improve over 6 to 8 weeks.
- You will have drainage from the back and front of your nose. You may use the drip pads that are provided. Nasal breathing will help dry up the drainage so only use the drip pads if necessary.
- You may have drainage that is blood tinged mucous for 4 to 5 days. Drainage, even light bleeding is common after surgery and should decrease each week.
- At the second office visit the doctor will suction your nose. That should help to open your nose and your nasal breathing will improve over 6 to 8 weeks.
- It is important that you follow your doctor’s instructions for nasal care.
Caring for Your Nose

For the first 3 days:

- Use 2 puffs of Afrin 12-hour spray 2 or 3 times a day. This will decrease the drainage and help open your nose. This will also decrease bleeding.

- Use 2 to 3 puffs of saline nasal spray (such as Ayr, Ocean Mist or a generic brand) mixed with the antibiotic Floxin Otic at least 5 times a day. **You cannot use this solution too much.**

  OR

- Use 2 to 3 puffs of saline nasal spray (such as Ayr, Ocean Mist or a generic brand) mixed with the antibiotic Floxin Otic at least 5 times a day. **You cannot use this solution too much.**
  - Add the Floxin Otic if ordered by your doctor. To mix the antibiotic and nasal spray: Put 5 to 10 drops of Floxin into the saline spray bottle. The exact amount is not important. Make sure you shake the bottle well prior to using. You will not need to add any more of the Floxin until a new saline bottle is used.

After 3 days:

- Afrin nasal spray can be used if you have any bleeding. If this does not help the bleeding, **call the doctor**.

- Use the saline and Floxin spray at least 5 times a day for the next 2 to 3 weeks (if ordered by your doctor). Your doctor will tell you when you can use the saline spray without the Floxin.

- You will be able to lower the amount of the nasal spray mixture used each week if your healing is on schedule.

- It is recommended that you use the sterile saline spray when your nose feels dry or if you have lots of mucous, even after your nose is healed. This can help decrease infections.

Activity and Diet

- You may eat your normal diet.

- It is common to feel tired for 7 to 10 days after surgery. The amount of activity you can do will depend on your healing.
• Do not lift anything over 5 to 10 pounds for the first 3 to 5 days.
• You should limit activities such as walking, climbing stairs and bending over for the first 2 days.
• You should not do any strenuous exercise for 2 weeks. Increase your activity a little each week.
• It will take 6 to 8 weeks for your nose to be completely healed.

Medicines
• You will be given a prescription for antibiotics to prevent infection and improve healing. It is important for you to take all of your medicine to decrease your chance of infection.
• Prescription pain medicine is usually needed for the first few days. This medicine can make you sleepy and constipated. **Do not drive if you are taking prescription pain medicine.**
• You may take Tylenol (Acetaminophen) as needed for pain.
• **For the first week after surgery,** do not take Ibuprofen (Motrin, Advil), naproxen sodium (Aleve) or anything containing aspirin. Do not take high doses of vitamin E (over 400 IU) or herbal products containing Ginseng, Garlic or Gingko biloba. They can thin your blood and increase your risk of bleeding. Ask your doctor when it is okay to take them again.