



Endoscopic Sinus Surgery Post Operative Instructions

Diet

- Resume normal diet as tolerated.

Activity

- No sports, exercise, lifting, or heavy activity for 2 weeks.
- No work involving physical activity for 2 weeks.
- May return to work after 1 week as long as it does not involve heavy lifting.

Pain Killers, Antibiotics, Steroids, and Rinses

- Take the prescribed painkillers as needed.
- If antibiotics have been prescribed, be sure to finish the whole course.
- If steroids have been prescribed, take these as directed.
- Start to use saline sinus rinse 4 times a day on the first morning after surgery.
- DO NOT use your regular nasal spray until instructed.

Special Precautions

- You may have nose bleeding and bloody discharge for 3-4 days. This is normal and will gradually decrease and stop.
- The saline sinus rinse may be bloody for up to 2 weeks. This is normal and will gradually become clear again.
- DO NOT blow your nose.
- Sneeze through your mouth, NOT your nose.

When To Seek Medical Attention

- If you experience severe pain or fevers;
- If you experience severe nosebleed or bleeding continuing for more than 5 days;
- If you experience constant dripping of clear fluid from the nose like a tap;
- If you experience any changes to your vision;
- If you experience new severe headaches since the surgery;

If you experience any of the above symptoms, please call the office between 830am-430pm or go to your local emergency department.