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DISCHARGE INSTRUCTIONS FOR ENDOSCOPIC SURGERY

- Bleeding and oozing are quite common after surgery and will diminish in a day or so.
- Swelling of the nose, eyes and cheeks may occur and will slowly subside over several days.
- The nose may be blocked during the first few days. A decongestant or Afrin may be used if needed.
- Elevate the head for several days after surgery to promote drainage of secretions and to help alleviate swelling.
- Ice may be used on the nose, eyes and cheeks to lessen swelling and bleeding and to help with pain. Ice is applied as much as tolerated in the first 36 to 48 hours.
- Pain medicine will be prescribed on an individual basis. **ASPIRIN AND IBUPROFEN SHOULD BE AVOIDED AS THEY MAY CAUSE ADDITIONAL BLEEDING. PLEASE CALL BEFORE USING.**
- Packing placed at the time of surgery will be removed on the first or second day after surgery. If you have not been instructed when to remove, please call the office.
- Activities which raise blood pressure or pulse rate should be avoided after surgery for 7 to 14 days. Please ask before resuming any strenuous activity.
- Hot showers, hot foods or beverages, caffeine and alcohol can cause bleeding from the nose. Please limit yourself to warm food and warm showers.
- Your surgeon will call the night of surgery to check on your progress. Be sure to tell him if you are having any of the following symptoms:
 - Nausea or vomiting
 - Lack of pain relief
 - Drowsiness from pain medicines
 - Intolerance to medicines
 - Trouble urinating
 - Fever higher than 101.5F
 - Changes in vision or severe headache

- Please call the office the day after surgery to let us know how you are doing.
- Visits are generally required every 7 to 14 days for 4 to 8 weeks for the purpose of cleaning crusts and secretions from the sinus cavities.
- The need for visits can be lessened by regular rinses of the nose made from salt water and baking soda. See below:

DO: Change your nasal dressing as needed to absorb blood.

Use salt-water rinses as prescribed by your doctor to keep you sinuses moist:

- Mix ¼ teaspoon salt and ¼ teaspoon baking soda in eight ounces of fresh warm water.
- Use a bulb syringe to squirt this solution into your nose a few times a day.

DON'T: Increase risk of bleeding by:

- Blowing your nose
- Exercising, straining, lifting, or bending forward
- Eating hot or spicy foods