Endoscopic Sinus Surgery
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The sinuses are cavities (spaces) in the bones of the face and head. They are lined with a mucus-secreting lining. They can get inflamed for various reasons. This can lead to nasal blockage, loss of smell, and occasionally pain. Surgery may be needed if medical treatment does not correct the problem.

Type of surgery

• Endoscopic sinus surgery involves removal of polyps and retained mucus or pus. It restores the natural openings so the sinuses can drain properly.

• Occasionally endoscopic sinus surgery may be needed for the removal of masses or tumours in the nose and/or sinuses.

![Diagram of sinuses]

- Frontal sinus
- Ethmoidal sinus
- Maxillary sinus
- Sphenoidal sinus
The week before surgery:
• Stop taking ASA (Aspirin®), or similar medications. If in doubt, ask your nurse or doctor.

Immediately after surgery:
• Most people will have packing in their nose when they go to recovery. They will only be able to breathe through their mouths.
• When you return to the recovery room, a nurse will check the back of your throat.
• Blood is occasionally swallowed during and after your surgery. It is not uncommon to vomit (throw up) old blood.
• If you are feeling sick to your stomach, ask the nurse for medication.
• You may have a headache or pain in your nose. The medication ordered by your doctor for pain can be given to you every 4 hours. If needed, ask your nurse for medication.
• You may have an ice pack to relieve the discomfort.
• Your intravenous (IV) will be taken out when you are drinking well and not feeling sick to your stomach.
• Ring for the nurse when you get up for the first time. You may still be drowsy.
• The packing is usually taken out before you go home, or on the morning after your surgery. You will be asked to rest for 1/2 hour after the packing is taken out. You will then be able to go home if there is no bleeding.
At home

Safety
We ask that you go home with a friend or family member. You must not go home alone.

Discomfort
- Do not take ASA (Aspirin®) or other anti-inflammatory drugs. **Do not drink alcohol while taking pain pills.**
- Your doctor may give you a prescription for pain pills. You can buy Tylenol® or Extra Strength Tylenol® at your drugstore.

Avoid the following for 7-10 days after surgery:
- Injury to your nose.
- Straining. Stool softeners may be useful.
- Violent sneezing. Sneeze or cough with your mouth open.
- Blowing your nose.
- Overheating (from sunbathing or hot baths).
- Picking your nostrils.
- Strenuous (hard) work.
- Sex.

Check with your doctor at your follow-up visit about these activities.
Tips

• Gentle daily saline nasal wash is recommended.
• Use the ointment, drops, or nasal spray you were given as instructed.
• Use more ointment or drops if severe crusting and blockage happens.
• You may have bad breath and a strange taste in your mouth. This can be caused by post-nasal discharge and mouth breathing. Brushing your teeth and using mouthwash often will help.
• Get plenty of rest.
• Drink plenty of fluids.
• Sleep with your head elevated on pillows to reduce stuffiness and ease your breathing.
• Tell your doctor about any unusual amounts of pain, swelling, tenderness, or high fever.

Bleeding

If slight bleeding happens, lean forward while sitting comfortably. Firmly press both nostrils. Hold for 3-5 minutes. A cold compress over the forehead may be helpful. If bleeding does not stop, call your doctor.
Report these problems to your surgeon immediately, or go to the nearest Emergency Department:

• A rare complication of this surgery is leakage of fluid from around the brain through the nose. This is clear drainage or it may be mixed with blood (that tends to stay in the centre surrounded by clear fluid when it is dropped on a paper towel).
  › The drainage may increase with straining. This can happen 1-4 weeks after surgery.
  › You may notice a salty taste if this drainage happens.

• Headache that gets worse when you stand up.
• Double vision.
• Bulging of the eye.

If you have any questions, please ask.
  We are here to help you.
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