

Discharge Instructions: Endoscopic Sinus Surgery

What To Expect

- You will have nasal congestion and discharge for the first few weeks after surgery. Your nasal passage and breathing should improve after your first post-op appointment.

Wound Care

- It is normal to have some bloody discharge for the first 3-5 days after sinus surgery, especially after you irrigate your sinuses.
- If steady bleeding occurs after surgery, use Afrin® spray as directed on both sides of the nose. Several sprays will usually stop any bleeding.
- If Afrin fails to stop steady nasal bleeding then you should call our office or the on call doctor (see contact information below).

Pain Control

- You should expect some nasal and sinus pressure and pain for the first several days after surgery. This may feel like a sinus infection or a dull ache in your sinuses.
- Acetaminophen (Tylenol®) or ibuprofen (Advil®, Motrin®) is often all that is needed for mild post-operative discomfort. If your pain is not controlled with these medications, call your doctor's office.

Recovery

- Your nose and sinuses tend to heal faster than other parts of your body but allow 3-4 days for pain and discomfort to start to improve.

Call Us If...

- you develop severe, uncontrolled pain where you had surgery
- you experience bleeding that does not stop after putting pressure on the area
- the area around the incision or biopsy site becomes inflamed (red, swollen, tender, hot)
- **you have a fever of 100.4°F (38°C) or higher**

Call the Head and Neck Center at **716-845-8186**. The center is open Monday – Friday, 8:00 a.m. – 5:00 p.m. After hours, your call will be answered by our Call Center. You can call Roswell Park 24/7 at **716-845-2300**. If it is determined you need to be seen, you may be asked to come to the Assessment and Treatment Center (ATC). The ATC is open 24/7 but you need a referral from your doctor (or the doctor on call). It is not a walk in clinic.