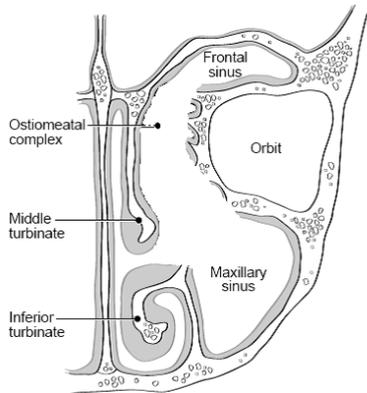
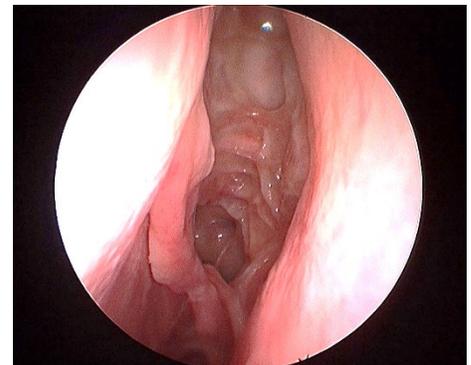


Endoscopic Sinus Surgery

- You are born with walls over your sinuses which block medicine from reaching the inflamed lining of your sinuses. Sometimes these walls can block your sinuses and trap mucus or infection. **The goal of sinus surgery is to open the sinuses into a large cavity to allow medicated rinses to enter and treat your sinuses.**



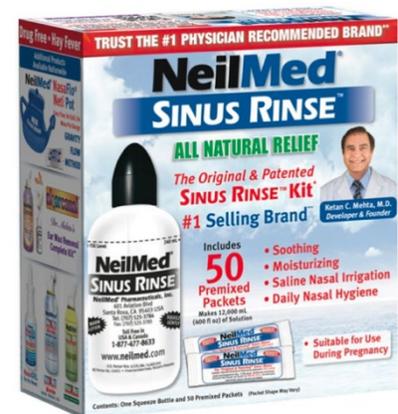
Before Surgery



After Surgery

Sinus Surgery: What to Expect

- You are completely asleep for the surgery but can go home the same day. You will need a ride.
- Small packs may be placed into your sinuses during surgery to help you heal and prevent scarring
 - These come out 1 week after surgery in the office
- Antibiotics are often prescribed to you after surgery to prevent infection
- Steroids are often prescribed to treat inflammation during the healing process
- Rinse your nose with saline AT LEAST twice a day after surgery until you are healed.**
- Expect some blood and mucus for 3-5 days after surgery.
 - You can put a gauze under your nose to catch this as needed.
- After this, blood may continue to come out when you rinse your nose for up to a few weeks.



We recommend taking 1 week off work or school during your recovery.

We recommend 2 weeks total of activity restrictions to lower your risk of a nosebleed. This includes: 1. No strenuous activity, 2. No heavy lifting (>10 lbs), 3. No bending at the waist, 4. No blowing your nose (It is better to rinse out any mucus or old blood). It is okay to sneeze with your mouth open.

There are no special diet restrictions after surgery.

Risks of Sinus Surgery

- Rarely, a nosebleed can happen 1-2 weeks after surgery. This may need treatment to stop the bleeding.
- Infection
- The surgery might not improve your symptoms as much as expected.
- Scarring can occur, which may lead to more surgery.
- The polyps/inflammation can return, which could lead to more surgery or more medical treatments
- Your smell may not improve with surgery. There is a very low risk of smell getting worse.
- Very low risk of a leak of fluid from around the brain (CSF leak).
- Very low risk of injury to your eye which can cause blindness or double vision