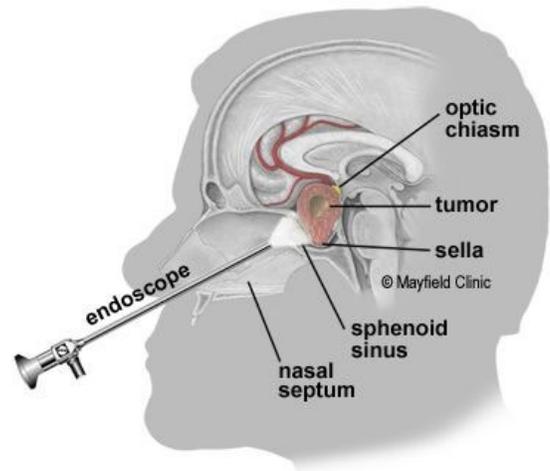


Transsphenoidal Pituitary Surgery

- We will use small cameras in the nose to open your *sphenoid sinus* and access the area where the pituitary lives
- At the end of the procedure, we will repair the communication between your sinus and pituitary with the lining of your nose



Sinus Surgery: What to Expect

- Dissolvable packing may be placed into your sinuses during surgery to help you heal
- Thin, flexible plastic sheeting will be placed in your nose to prevent scarring
 - This comes out 3 weeks after surgery
- Antibiotics are often prescribed to you after surgery to prevent infection
- **Rinse your nose AT LEAST twice a day after surgery once you are discharged home.**
- 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 time off work or school as recommended by your neurosurgeon

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. 5. No CPAP treatment for 3-4 weeks after surgery.

There are no special diet restrictions after surgery.

Risks of Nasal 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.
- You will have reduced smell for 3 weeks after surgery; there is a small risk of permanent loss of smell.
- Risk of a leak of fluid from around the brain (CSF leak). If this were to happen you could have a longer stay in the hospital to confirm proper healing.
- Very low risk of injury to your eye which can cause blindness or double vision