

SINUS SURGERY

General information:

- ◆ The sinuses represent pockets or boney rooms within your face and skull.
- ◆ The sinuses can become acutely or chronically infected.
- ◆ Indications for sinus surgery include:
 - Failed medical therapy
 - Recurrent acute infections
 - Chronic infections including fungal infections
 - Recurrent headaches directly related to sinus disease
 - Nasal polyps with sinus blockage

Procedure considerations:

- ◆ Sinus surgery is generally a 2-3 hour surgery depending on the extent of surgery.
- ◆ Occasionally a septoplasty will be performed in conjunction with sinus surgery.
- ◆ You may be required to get a special CT scan prior to surgery. This scan is a computer image guidance scan that can aid the surgeon during your operation. Obtaining this scan will be scheduled appropriately.
- ◆ There is generally minimal pain associated with surgery.
- ◆ Nasal packing is generally avoided, but is occasionally necessary.
- ◆ Your nose will be congested after surgery; it may take 2-4 weeks for your nose to return to normal and for you to enjoy the full benefits of surgery.
- ◆ Follow-up is generally within one week post surgery.

Risks of surgery:

- ◆ All surgeries have risks and only the most important are listed here
- ◆ There is a risk of bleeding with any surgery. Typically with this surgery, some scant nasal bleeding for 1-2 days is common. More significant bleeding should be reported to the office.
- ◆ There is a risk of infection anytime any surgery is done. Signs of infection include fever, night sweats, unusual pain, or discharge of thick pus from the nose. Please report concerns of infection to the office.
- ◆ Your sinuses are located beneath your brain and between your eyes. Reported complications, although extremely rare, include but are not limited to blindness, double vision, brain injury, leak of brain fluid, permanent loss of smell, coma and even death.
- ◆ Depending on the severity of sinus disease, repeat or revision surgery may be required at some point after the initial surgery.

Post surgery instructions:

- ◆ Take pain medication as directed/needed.
- ◆ Avoid aspirin containing products or blood thinners for two weeks post surgery.
- ◆ Avoid heavy lifting or exercise for two weeks post surgery.
- ◆ No flying for 3 weeks post surgery.
- ◆ Take any antibiotic or other medication if provided.
- ◆ Spray 2-3 sprays of nasal saline in each nostril 3-4 times per day to help eliminate nasal crusting.
- ◆ If very congested, you may use OTC Afrin Nasal Spray for 3-4 days after surgery.