

# Sinus and Nasal Surgery



## **Introduction**

You are scheduled for sinus and nasal surgery. This helps open your sinuses and restore normal sinus functioning. Usually, sinus surgery is done as a Same Day Surgery procedure with plans for discharge within several hours after recovery. In certain cases, your surgeon may feel it is in your best interest to stay overnight. This procedure requires general anesthesia.

## **Outpatient Care Center**

You will be asked to call the Outpatient Care Center at 876-5700 to schedule an appointment for pre-admission screening and testing. It is very important for you to fulfill this appointment.

## **Preoperative Instructions**

- No solid food after midnight, but you may have clear liquids (no cream, milk, or pop) until six hours before surgery. Do not consume alcohol after 12 noon the day before surgery.
- Check with your physician before taking scheduled medications.
- STOP ASPIRIN, PLAVIX, COUMADIN (WARFARIN) AT LEAST SEVEN DAYS PRIOR TO DAY OF SURGERY.
- Leave valuables at home—remove all jewelry, body piercings, contacts, etc.
- Arrive as instructed by physician office and plan to spend the day at the hospital

- Bring only one family member or friend with you to drive you home plus stay with you the night of surgery—you will NOT be allowed to drive your self home.

### **Day of Surgery**

When you arrive in the Registration Lobby, you will be escorted to Same Day Surgery. One care partner is allowed at the bedside.

In the preoperative area, you will change into a patient gown, remove all your jewelry, dentures and glasses. Your belongings will be secured in a locker and brought to you after surgery.

Preoperative nurses will complete the admission process, your physician orders, and start an IV.

The Anesthesiologist will review your medical and surgical history, discuss the type of anesthesia planned, and answer any questions. You may be given a sedative medication through your IV as well as other medications ordered by your physician.

Antibiotics are typically given preoperatively, so please inform the nursing staff of all antibiotic allergies.

When your surgeon is ready, the OR nurse will take you to surgery and your care partner will be directed to the Surgery Family Waiting Room.

## **Surgical Procedure**

Sinus/nasal surgery is an endoscopic trans-nasal operation. In many cases, it qualifies as minimally invasive, although it sometimes necessitates making an incision above the upper gum to open the cheek (maxillary sinus) in a procedure known as a Caldwell-Luc approach.

Sinus surgery usually takes one to two hours. Bleeding during surgery varies, but rarely results in the need for blood product transfusion. (Prior to surgery, you should discuss with your physician any objection to receiving blood products.) One or both sides of the nose will be operated upon depending on the extent of your sinus disease.

After surgery, some form of intranasal packing or intranasal easily removable dressings will be placed. In most cases, these will be removed prior to discharge. An absorbable sponge-like material also will be placed high in the nose which will dissolve over time and does not need to be removed. The extent and complexity of sinus surgery varies with your particular condition and will be discussed with you before surgery by your physician.

## **After Surgery**

When your procedure is completed, you will be taken to the Post Anesthesia Care Unit (Recovery Room) for one to two hours.

You will be kept comfortable with warm blankets and IV pain medication, as needed.

You will return to Same Day Surgery where your care partner will be notified so he/she can join you. The nursing staff will keep you comfortable and provide you with nourishment. If any packing or pads were placed in your nose, it is usually removed before you go home. If your postoperative course does not require you to spend the night, you will be given written discharge instructions. Once discharge criteria are met, you will be escorted to your car or taken by wheelchair.

A nurse will call you at home the next day to answer any questions.

### **Discharge Instructions**

- Some anesthetics and pain medication may produce nausea and/or vomiting in certain individuals. Eating before taking pain medication may reduce nausea. You may experience light-headedness and/or dizziness and you may feel sleepy following your surgery. Rest at home with moderate activity as tolerated, unless otherwise instructed by your physician. If you should experience excessive bleeding, difficulty breathing, unusual pain, persistent nausea and/or vomiting, call your physician.

If you are unable to contact your physician, and feel your symptoms warrant attention, go to an emergency department.

- You may bathe or shower.

### **Recovering at Home**

- Take your usual medications at home (including oral inhalers) except aspirin, Plavix, and Coumadin until discussed in the postoperative physician office visit.
- You can usually begin to eat and drink normally the morning after the procedure.
- For two or three days, you will experience a moderate degree of oozing blood and secretions from your nose. It is worse after the removal of packing which may be in the nose for several hours or even overnight. Keep a wet washcloth handy and up to your nose during this time. Don't be alarmed by the amount of blood staining the cloth. A very small amount of blood will stain a very large area on the cloth.
- If bleeding seems excessive and nasal packing is not present, spray your nose with Afrin nasal spray the first day or two following surgery. Afrin can be obtained over the counter without a prescription. This drug helps constrict blood vessels and reduce bleeding. It also may help open nasal passages and enable you to breathe better in the early phases of your

recovery. However, if the bleeding is profuse or continues for more than 24 hours following surgery, contact your physician.

- Nasal stuffiness and crusting may occur up to two or three weeks following surgery. Beginning one to two days following surgery, gently cleanse the area with salt-water nose spray or a saline spray bottle over the sink in the morning and evening or more frequently for comfort. By gently douching the nose with this solution, you will experience considerable relief of the stuffiness and crusting.
- Do not blow your nose for the first week unless advised to do so by your physician. (If you sneeze, keep your mouth open.)
- You may return to work or school within four to seven days or sooner, if you feel able. It may take a full week before you return to full activity. Any questions concerning this will be addressed at your first postoperative visit.
- Contact your physician's office (876-3682) to schedule a follow-up appointment for one to two weeks post surgery, unless otherwise directed.

### **Salt Water Nose Spray Solution**

1 teaspoon baking soda

1 teaspoon pickling or canning salt

Bottle of distilled water (12 ounces)

Mix all ingredients together.

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2300 North Edward Street • Decatur, Illinois • [www.dmhcares.com](http://www.dmhcares.com)

*This booklet written and produced by members of the DMH Surgical Services Team.*