



Traditional Endoscopic Sinus Surgery Frequently Asked Questions

WHAT ARE SINUSES?

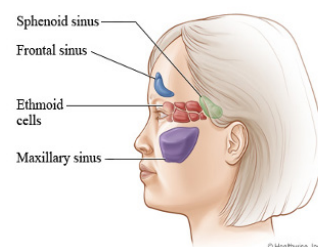
- Sinuses are air pockets in your skull whose main purposes include: Lightening the skull; providing “crumple zones” for your brain, eyes and cranial nerves; improving voice resonance; warming and humidifying the air going into the lungs; and affecting your sense of smell.

WHY IS SINUS SURGERY DONE?

- The sinuses are large cavities with small openings. These openings can become obstructed and prevent the clearing of mucus. This mucus becomes stagnant and infected, leading to frequent and/or chronic sinus infections and pain. The goal of sinus surgery is to enlarge these small openings allowing for improved drainage.

WHAT ARE THE RISKS OF SINUS SURGERY?

- The sinuses involved in the majority of sinus surgeries are the maxillary, ethmoid, frontal, and sphenoid. During surgery, we access the openings into these areas. Anytime you access an anatomical opening, you risk injury to surrounding structures which, in this case, include the eyes, carotid artery, optic nerve and brain.



WILL SINUS SURGERY PREVENT ALL FUTURE SINUS INFECTIONS?

- Unfortunately, no. Since sinus surgery results in enlarging the sinus openings, and promoting drainage, there is still a five to ten percent chance that some patients will need additional surgery. Some situations (i.e., patients with chronic polyp disease) may even need a repeat sinus surgery every few years for the rest of their life. Every patient situation is unique, and your treatment plan will be tailored to your individual needs.

WHAT IS THE DIFFERENCE BETWEEN TRADITIONAL ENDOSCOPIC SINUS SURGERY & BALLOON SINUPLASTY?

- Both procedures are done via a scope. However traditional endoscopic sinus surgery includes cutting to enlarge the sinus openings and must be done in the operating room with general anesthesia. Alternatively, balloon sinuplasty includes widening the sinus openings with a balloon and can be done in the office with oral pain and relaxing medication. Which type of procedure you need will be determined by your provider based upon your CT scan results, past medical and surgical history, and exam findings.

CAN I DRIVE MYSELF HOME AFTER SINUS SURGERY?

- No. Regardless of where your surgery takes place, you will need a licensed driver to bring you to the facility and take you home afterward.

HOW LONG DOES THE SURGERY TAKE?

- After the patient is asleep, the surgical procedure usually takes anywhere from 30-60 minutes. While the procedure itself usually takes 30-60 minutes, you will only be released from recovery once you have met discharge criteria. You should expect to be at the facility for at least a few hours.

WHAT SHOULD I AVOID BEFORE SURGERY?

- Avoid aspirin-containing products for 3 DAYS before surgery.

WHAT CAN I EXPECT AFTER SINUS SURGERY?

- You can expect some **bleeding** for the first **24-48 hours** and again after each office debridement.
- You will need to **avoid FORCEFULLY blowing your nose** for **one full week** after sinus surgery. You may blow your nose, but do it **GENTLY** during this first week.
- Do not suppress the need to cough or sneeze. Instead, **cough or sneeze with your mouth open**. This will help prevent any excessive postoperative bleeding from your nose.
- Starting the **day of surgery**, begin using **nasal saline sprays every hour on the hour**. You quite literally cannot use the nasal saline sprays too much and keeping this area moist is very important for your healing.
- You can also start using a **neti pot two to three times/day starting one day after surgery**. If you choose to use a neti pot, please ensure it is set to a **low-pressure setting**.
- You may experience increased nasal congestion for one to two weeks after surgery.
- No bending over, lifting over 10 lbs., or straining for at least one week.
- Avoid participating in any rigorous activity until healing is completed three to four weeks after surgery.
- **Wait one week** before resuming the use of your **CPAP** machine.
- **Do not resume** the use of aspirin-containing products until two to three **WEEKS after surgery**.
- Take your pain medication as instructed. Don't try to "tough it out" as the increased pain will increase your blood pressure, which will increase your chance of bleeding.
- After two to three weeks, **you will have some thick brown drainage from your nose**. This is packing material, mucus and old blood, which begins to drain as the sinuses begin to clear themselves. **This drainage is normal** and does not indicate an infection.

WHEN DO I NEED TO FOLLOW UP AFTER SURGERY?

- A follow-up appointment will need to be scheduled for one to two weeks after surgery for your first debridement.
- You will need to be seen in the office every one to two weeks for several weeks to make sure you are healing adequately.

WHAT ARE SOME THINGS I NEED TO LOOK FOR AFTER SURGERY?

- Contact my office or go to the emergency room if you have:
 - Increased eye pain
 - Fever over 101°F
 - Change in vision
 - Swelling or bruising around the eyes
 - Severe or worsening headache
 - Nosebleed that persists

As a Christian, I strongly believe in prayer and pray for all of my patients, especially during surgery. If you would like me to pray with you and your family, please ask.

DO NOT hesitate to contact our office for any emergency at **580-421-6470**. If a problem should arise when the office is closed, you may have us paged through the Mercy Hospital, ADA Operator at **580-332-2323**; or go directly to the nearest Emergency Room.

More information can be found at www.LandrumENT.com.