

Sinus Surgery

Post Surgical Instructions

- ❑ You will have three medications to take for your surgery. The first will be an antibiotic that you will need to start taking the day before surgery. This prescription will be given to you on your preop visit. The other two are medications for nausea and pain that you will take as needed following your surgery. These two prescriptions will be available for your pick up at the Gateway Pharmacy next to the surgery center the morning of your surgery. If you need a refill on your pain medication please note that the gateway pharmacy is not open on the weekends. You will need to call them and go by there before closing on Friday to pick up all refills.
- ❑ After your surgery you will have a gel-like packing material in your nose. This material helps to prevent bleeding immediately following surgery. You will be unable to breathe through your nose at all for several days following your surgery. As you use the nasal rinse and come for your post-op visits, this packing will slowly come out.
- ❑ You will be given a sinus rinse kit (the cost is \$12- can be taken from HCSP) prior to or on your first visit following your surgery. You may start using this kit the day after your surgery. You will need to rinse your nose once in the morning and once at night.. At first, the saline will barely seem to go in your nose and then come right back out. This is normal. Over the next few days and weeks as you continue rinsing, you will see lots of debris coming out of your nose. This will include some clots, dark and sometimes red blood, and dark pieces of packing material. All of this is part of the normal healing process.
- ❑ Follow up visits with Dr. Jarchow will involve spraying the inside of the nose with medicine to shrink and numb the lining. Then, Dr Jarchow will suction as much loose debris as possible out of your nose. This is done to help clean out your nose so that you can breathe better and to help the nasal mucosa heal faster as the lining is regenerating and “relearning” how to clear out the mucus.
- ❑ If you have splints (plastic) that have been placed to keep your septum straight these will be will be removed approximately two weeks following the surgery. You may want to take some pain medication prior to this visit.
- ❑ The first few weeks after surgery you may notice headaches or intense pressure in particular parts of your sinuses. This is also a normal part of the healing process. Some patients experience sinus swelling following surgery that causes this pain and pressure. Sometimes a piece of debris may get a little “stuck” as it makes its way out of your sinuses. Doing an extra rinse or two when this happens is generally helpful. You may also use your pain medication and/or ice packs to help alleviate the pain and pressure. During your post op visits, Dr. Jarchow will use the suction to remove any debris that is not flushed out by the rinsing.

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