

# Endoscopic Sinus Surgery

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## Bleeding

- If you have bleeding, lean forward while sitting comfortably. Firmly press both nostrils together. Hold for 5 to 10 minutes.
- **If the bleeding does not stop, call your surgeon or your primary health care provider. If you cannot reach them, go to the nearest Emergency Department right away.**

- A rare complication of this surgery is fluid leaking from around the brain through the nose.
  - > When this fluid drops on a paper towel, it may be clear or mixed with blood. If there is blood, it will stay in the middle, surrounded by clear fluid.
- The leak may get worse when you strain.
- This may happen 1 to 4 weeks after your surgery.

### **Call your surgeon or go to the nearest Emergency Department right away if you have:**

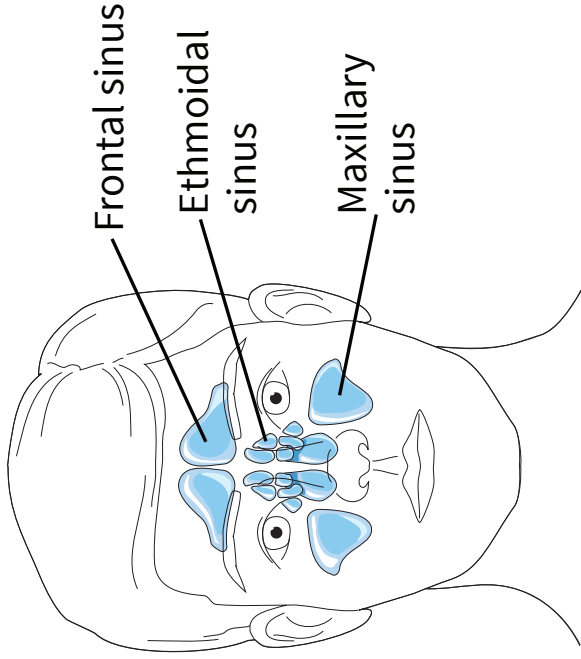
- > A salty taste
- > A headache that gets worse when you stand up
- > A change in your vision
- > Bulging of your eye

## Endoscopic Sinus Surgery

- The sinuses are cavities (spaces) in the bones of the face and head. They have a lining that makes mucus.
- The sinuses can get inflamed (red and swollen) for many reasons. This can lead to a nasal blockage (a blocked nose), loss of smell, and sometimes pain.
- If medical treatment does not help these problems, you may need surgery.

### **What is endoscopic sinus surgery?**

- Endoscopic sinus surgery takes out polyps (tissue growths) and mucus or pus. It clears the sinuses so they can drain.
- Sometimes, endoscopic sinus surgery may be needed to take out masses or tumours in the nose and/or sinuses.

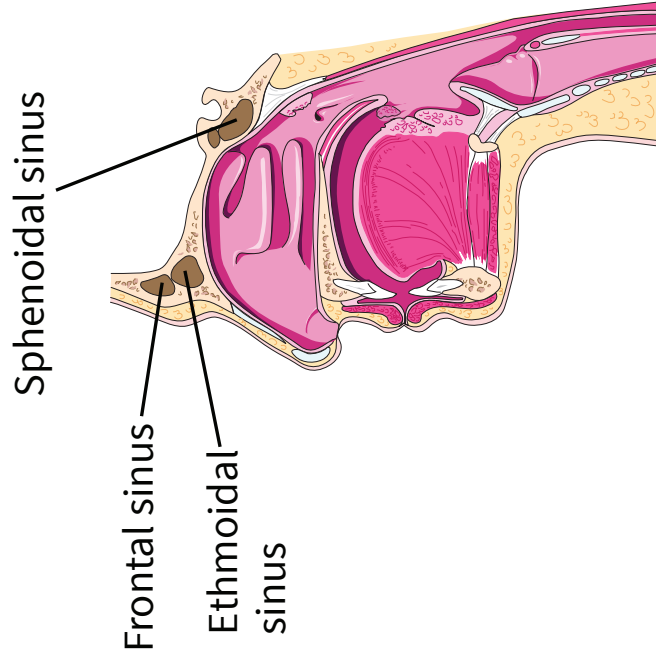


## Tips

- Use a gentle saline (salt water) nasal wash or spray 2 times a day.
- Use the ointment, drops, or nasal spray you were given. Follow the instructions.
- Use more ointment or drops if you have severe (very bad) crusting and blockage.
- You may have bad breath and a strange taste in your mouth. This can be caused by discharge from your nose and breathing through your mouth. It may help to brush your teeth and use mouthwash.
- Get lots of rest.
- Drink lots of fluids.
- Sleep with your head raised up on pillows. This can help to lower stuffiness and help your breathing.

**Tell your surgeon or your primary health care provider (family doctor or nurse practitioner) if you have any unusual:**

- > Pain
- > Swelling
- > Tenderness
- > Fever (temperature above 38 °C or 100.4 °F)



## For 7 to 10 days after your surgery, avoid:

- › injuring your nose.
- › blowing your nose.
- › picking or rubbing your nose.
- › sneezing very hard. Try to sneeze or cough with your mouth open.
- › straining while having a bowel movement (poop). To avoid constipation (not being able to poop), drink lots of water each day. Ask your pharmacist about stool softeners, if needed.
- › overheating (from sunbathing or a hot bath).
- › strenuous (hard) work.
- › having sex.

Talk with your surgeon at your follow-up visit about when you can go back to these activities.

## How do I get ready for surgery?

### For 1 week (7 days) before surgery:

- Stop taking ASAs (like Aspirin®) and medications that have ASA. If you are not sure, ask your nurse or doctor.

## What will happen after the surgery?

### Right after surgery:

- You will be taken to the recovery room. A nurse will check the back of your throat.
- You may have swallowed blood during and after your surgery. You may vomit (throw up) old blood. If you have nausea (feel sick to your stomach), ask your nurse for medication.
- You may have a headache or pain in your nose. Your health care team can give you pain medication every 4 hours. Ask your nurse for medication, if needed.
- You may have an ice pack to help relieve discomfort.
- Your intravenous (I.V.) tube will be taken out when you are drinking well and are not nauseous.

- **Do not** get out of bed on your own the first time. Ring your call bell for a nurse before you get up. You may still be drowsy. The nurse will help you.
- If you have packing, it is usually taken out before you go home, or on the morning after your surgery. You will be asked to rest for 30 minutes after the packing is taken out. If there is no bleeding, you will be able to go home.

## **At home**

### **Safety**

**You must have a responsible adult take you home from the hospital.** You cannot take a taxi or a bus home alone.

**You will not be able to leave the hospital unless you have a responsible adult to take you home.**

### **Discomfort**

- You may take acetaminophen (Tylenol®) as needed. You can buy Tylenol® or Tylenol® Extra Strength at your local drugstore. You do not need a prescription.
- **Do not** take ASAs (like Aspirin®), medications that have ASA, or other anti-inflammatory medications (like Advil®, Motrin®, or ibuprofen).
- Your surgeon may give you a prescription for pain medication.
- **Do not** drink alcohol while taking pain medication.

**What are your questions?**

**Please ask a member of your health care team. We are here to help you.**