

Do you want to know?

Sinusitis/Endoscopic Sinus Surgery

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What is it?

Sinusitis is an inflammation of the sinuses. It is usually caused by a narrowing or obstruction of the opening of the sinuses. It may be acute or chronic. When medical therapy fails, surgery may be indicated to correct structural deformities. Signs and symptoms may include: nasal obstruction, nasal drainage, cough, hoarseness of voice, headache, facial pain, dizziness, and high temperature.

What do you need to know?

Drugs



Use the medications as prescribed by your physician (antibiotics, nasal sprays, decongestants, etc.). Call your physician if symptoms persist after 3 days of treatment.

Diet



Increase fluid intake to loosen secretions.

Activity



Obtain additional rest as instructed by your physician.

Therapeutic Measures



Apply hot wet packs to face to relieve severe pain and use steam baths to keep nasal mucus moist.

Considerations



Seek medical attention if any of the following are present:

- Increase in bloody drainage from the nose
- Increase in headache, pain in face, teeth or eyes
- Elevation of temperature above 38.5°C after 3 days of

treatment

- Vomiting with a high pressure.

Post Endoscopic Sinus Surgery

Drugs

- Avoid taking aspirin or any product containing aspirin to relieve pain because it can cause bleeding.
- Take medications (antibiotics) as prescribed by your physician.

Activity

Rest as instructed by your physician.

Therapeutic Measures

Take the following precautions during the first week:

- Do not blow your nose for at least 48hrs after packing is removed to prevent bleeding.
- Try not to sneeze, because this will increase the pressure at the surgical site. If you need to sneeze, keep your mouth open.
- Do not bend over and do not lift heavy objects, both increase the pressure at the surgical site.
- Keep the head elevated, sleep with an extra pillow to decrease swelling and enhance better drainage of nasal secretions.
- Apply a small dressing (dry pad) beneath the nose to absorb any drainage if present and change it as needed.

Considerations

Expect the following post surgery:

- Pain may increase during the first week after surgery because of swelling and secretions in the sinuses.
- Drainage of blood tinged secretions that may continue for a week.

The content of this educational leaflet is of general information. Ask your physician or health care provider if this content applies to you.

Prepared by the Nursing Services in coordination with other health care disciplines.

