



## **SURGICAL PROCEDURE:** Endoscopic Sinus Surgery

**INDICATIONS:**     \_\_\_ Repeated Sinus Infections  
                          \_\_\_ Enlarged mass in the sinuses  
                          \_\_\_ Other \_\_\_\_\_

## **PREOPERATIVE WORK UP:**

\_\_\_ X-RAY STUDIES: Chest X-Ray, CAT Scan, MRI Scan  
\_\_\_ LAB WORK: CBC, Chem. 7, Liver Function Tests,  
Coagulation Studies, Type & Screen/ Cross,  
Thyroid Function Tests

**ANESTHESIA:** \_\_\_ GENERAL  
                  \_\_\_ Local with Sedation

## **BRIEF DESCRIPTION:**

After a sedative is given, a breathing tube (otherwise known as intubation) is placed and general anesthesia is started. The nose is decongested and injected with a local anesthetic. Using a telescope with a camera, diseased tissue is removed and the openings to the sinuses are enlarged. Bleeding is controlled using a hot knife. The anesthetic is allowed to wear off and the breathing tube is removed. The procedure takes approximately 30-60 minutes per side. Recuperation occurs in the recovery room for approximately 45 –60 minutes depending on the length of the surgery. Liquids are started when tolerated. Discharge is dependent on medical condition and liquid intake.

**ADMISSION:** \_\_\_ Same Day Admission  
                  \_\_\_ Observation

## **POSTOPERATIVE COURSE:**

DIET: Clear liquids first day, advance to regular diet as tolerated  
WOUND CARE: Nasal packing for 24 – 72 hours; **No Nose Blowing** for 2 weeks  
PAIN: Typically persists for 1-2 days  
PRESCRIPTIONS: Pain Medication - (Tylenol with Codeine, Percocet) Antibiotic –  
10-14 days with meals  
WORK: 1-2 Weeks  
DRIVING: \_\_\_\_\_  
EXERCISE: 2 weeks  
LIFTING 2 Weeks (Greater than 25 pounds)

**POST OPERATIVE VISIT:** Follow up appointment in 24-48 hours for packing removal  
Follow up weekly for cleaning for 4 weeks

**POTENTIAL ISSUES:** Nasal Bleeding  
Infection  
Leakage of CSF Fluid  
Injury to Eye Structures  
Blindness  
Altered Sense of Smell  
Nausea, Vomiting  
Dehydration  
Rash  
Readmission  
Reaction To Anesthesia  
Anesthetic Complications

**SPECIAL NOTE:** Control of medical conditions such as high blood pressure is critical in the post-operative period as it may contribute to the above issues. If you experience any of the above, please call your surgeon's office immediately.

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