



UNC

DEPARTMENT OF OTOLARYNGOLOGY/
HEAD AND NECK SURGERY

DIVISION OF RHINOLOGY, ALLERGY &
ENDOSCOPIC SKULL BASE SURGERY

Discharge Instructions - Endoscopic Sinus Surgery

Please Read and Follow These Instructions for the Best Outcomes Following Your Surgery!

WHAT TO EXPECT FOLLOWING SURGERY:

- **Bleeding** - A drip from the nose and into the back of the throat is normal for the first two days following surgery. For flowing blood (like a faucet), contact the ENT Doctor on call as noted below.
- **Nasal congestion, fullness, facial pain, headache, and disrupted sleep are normal for the first week** and are an expected part of the healing process. This will improve after the first debridement is performed in clinic about one week following surgery. You may wish to take pain medication one hour before your visit in preparation for this.

NASAL IRRIGATIONS:

- **Good post-operative irrigation on your part is essential to a successful outcome!**
- **Instructions:**
 - Use the Irrigation bottle/method (e.g. NeilMed Sinus Rinse) mixed with a sterile saline solution at least three times per day (one ENTIRE bottle per nostril).
 - Use distilled, bottled or boiled tap water to make up the saline solution according to the instructions.

ACTIVITY:

- **Minimize your activities** with only light activity for the first week following surgery.
 - Listen to your body! If you feel tired over the first few days, you should rest.
- **No nose blowing, stooping, straining or heavy lifting > 2 bags of groceries.**
- **Sneeze with your mouth open.**
- **Sleeping with your head elevated** will reduce bleeding from the nose.
- **If you have been prescribed a CPAP machine, DO NOT USE** until your doctor says it is safe; sleep in a recliner chair with your head elevated in the meantime.

MEDICATIONS:

- **Resume your home medications.**
- **Do not take any aspirin containing products or blood thinners** (Goody's, BC Powder or Bayer aspirin) until told to by your surgeon.
- **Do not take any intranasal medicines** until told to by your surgeon.
- **Pain:**
 - **Mild to moderate pain:** Over the counter Tylenol (Acetaminophen) as per the instructions on the bottle
 - **Severe pain:** Take your pain medicine prescription as directed
 - **NEVER DRIVE A VEHICLE OR OPERATE HEAVY MACHINERY WHEN TAKING PRESCRIPTION PAIN MEDICINE**

DRIVING:

- **Do not drive** within 24 hours of receiving anesthesia
- **DO NOT DRIVE WHILE TAKING PRESCRIPTION PAIN MEDICATION**

DIET:

- **Resume a healthy, balanced, normal diet** as you feel up to it.

FOLLOW UP:

- **You will have important follow-up appointments** starting about 1 week following surgery.
 - You should take a prescription pain pill (with food) prior to the first follow up visit in preparation for a clinic debridement.
 - If you do not have an appointment please call the numbers below to schedule a visit.

POST-OP APPOINTMENTS:

- **Dr. Brent Senior** call Ali at 984.974.3645
- **Dr. Adam Zanation** call Carla at 984.974.2127
- **Dr. Charles Ebert** call Ali at 984.974.3645
- **Dr. Brian Thorp** call Ali at 984.974.3645

CLINICAL APPOINTMENTS:

- **Dr. Brent Senior** call Sonia at 919.966.3709
- **Dr. Adam Zanation** call Nakia at 984.974.3652
- **Dr. Charles Ebert** call Nakia at 984.974.3652
- **Dr. Brian Thorp** call Nakia at 984.974.3652

CALL OUR OFFICE OR GO TO THE EMERGENCY ROOM IMMEDIATELY IF YOU HAVE:

- Any vision problems/changes
- Fever over 101.4
- Neck Stiffness
- Heavy or prolonged bright red bleeding from the nose
- **For Immediate Assistance call:**
 - Regular Hours - 984.974.3409 (Triage Nurse)
 - After Hours - 984.974.1000 (Ask for the Ear, Nose & Throat - ENT - doctor on call.)
- **To leave a voicemail for your surgeon's nurse call:**
 - Dr. Brent Senior - 984.974.3515 (Melanie)
 - Dr. Adam Zanation - 984.974.3523 (Siddhi)
 - Dr. Charles Ebert - 984.974.3512 (Britton)
 - Dr. Brian Thorp - 984.974.3518 (Kathy)