



Dr. G. Lee Watkins

Functional Endoscopic Sinus Surgery

Endoscopic sinus surgery (ESS): Endoscopic sinus surgery (ESS): Endoscopic sinus surgery is performed in the operating room either under deep sedation or general anesthesia. Telescopes are passed into the nose and used to guide instruments to widely open the sinus cavities to drain pus and remove infected and inflamed tissue. Risks of the operation include pain, infection (or recurrence of infections), bleeding, injury to the eye - blindness or double vision, injury to the brain - CSF leak (leakage of fluid that bathes the brain into the nose and may require more surgery) or meningitis, change or loss of smell, need for revision (repeated) surgery, facial numbness, among others.

What to Expect After Surgery:

There will be no splints or packing involved, only a drip pad (mustache dressing) will be placed under nose when patient leaves the hospital. No black eyes or bruising from outside will be visible but it will be felt on the inside. Breathing will be significantly better the night of surgery, but then the post-surgical swelling will take 2 weeks to clear up. Many patients benefit from sleeping with head elevated, propped up on pillows, or sitting in a recliner. For pain medication, half the patients can control pain with Tylenol, the other half will need a stronger medication. Medication will be determined depending on patient's past medical history with pain control/tolerance. Numbness of teeth is normal, as well as a patch on roof of mouth

Post-Operative Care:

Most patients following sinus surgery will experience some nasal congestion and nasal obstruction, as well as some degree of bloody drainage. Begin saline nasal irrigation the day after surgery. Be sure to use distilled, sterile, or boiled water then adjusted to body temperature.

When to Contact Office:

Be sure to contact the office if you develop concerning symptoms including fever, facial or head pain, facial or nasal swelling, swelling or pain around the eyes, new copious clear drainage from the nose, and neck stiffness, among others.



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BEGIN THIS THE DAY AFTER SURGERY

Fill bottle to dotted line with **DISTILLED OR BOTTLED WATER ONLY.**

DO NOT USE TAP WATER!!

Heat water for 15-20 seconds (or to room temperature) in microwave. Pour in 1 salt packet, replace lid and shake.

With your head leaning directly over the sink, place the nozzle into 1 nostril and squeeze the bottle. The solution should spill out of the other side. Then repeat on the other nostril.

You can do this at least 4 times a day or more if needed. When you run out of salt packets, use 1 tsp regular table salt per pint of distilled water.





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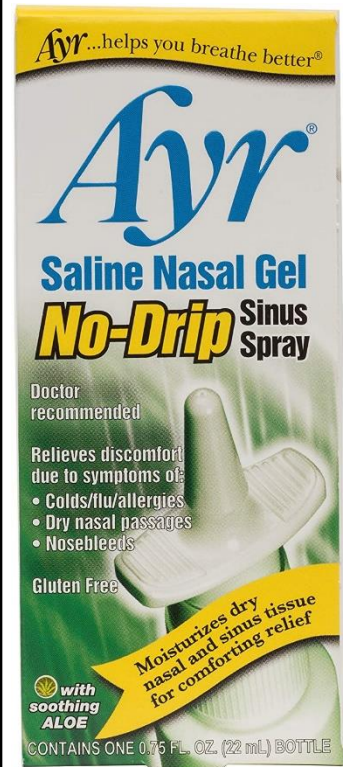
Nasal Moisturizers

Dry nasal tissue often leads to nosebleeds or general discomfort. You can prevent this by applying a saline nasal gel product inside the nostrils 3-4 times a day, or more if you like. You can't overdose or use too much, think of it as lotion for your nose. We recommend the Ayr, Neil Med, or Pretz Nasal Spray, but even the generic store brand is just as good. Make sure the box says Saline GEL and not mist. The most important time to apply the nasal moisturizer is at night before bed. You can use the gel in between any allergy nasal sprays or irrigations that you may already be doing.

Over the Counter



Over the Counter



Over the Counter



Amazon.com

