

Endoscopic Sinus Surgery: Returning Home

After your endoscopic sinus surgery, you may have some swelling in your nose, upper lip, or cheeks.

Or you may notice swelling around your eyes.

Your nose may feel sore and bleed.

And you may feel stuffed up, like you have a bad cold.

This is all normal and usually goes away several days after surgery.

While you're healing, the tip of your nose and your upper lip and gums may be numb.

Feeling will return in a few weeks to a few months.

Your sense of smell probably won't be as good right after surgery.

But it should get better in 1 or 2 months.

You may also vomit blood.

But don't worry.

This can happen when blood drains from your sinuses and gets swallowed.

This is normal right after surgery.

You'll have a drip pad under your nose to collect mucus and blood.

Follow your doctor's instructions about changing the pad.

Take your medicine as instructed.

Apply ice to your face to ease pain and swelling.

Elevate your head when you sleep.

And be sure to go to your follow-up appointments.

Don't blow your nose for 2 weeks.

If you must sneeze, open your mouth as you're sneezing.

This will help lessen the pressure on your healing sinuses.

Your doctor may suggest that you use saltwater washes, such as a saline nasal spray or irrigation, to keep the nasal passages moist.

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Call your doctor if you have any problems, such as a fever, or new or worse pain.

Now, bleeding is normal for this type of surgery.

But you should call your doctor if you need to change your bandage more than expected after you take your nasal decongestants as instructed.

Also call your doctor if you have constant clear, watery discharge from your nose.

Get emergency help right away if you pass out, have trouble breathing, or have changes in your vision or lots of sudden swelling around your eyes.

Taking care of yourself and knowing what to watch for can help you feel better and recover sooner.

And remember, if you have any questions, you can always call your doctor.