



## **Sinus Lavage**

### **Post- Operative Instructions**

#### **PROCEDURE PREPARATION**

- If your procedure consent has already been filled out, take one prescribed 10mg Valium tablet 10 minutes prior to your appointment time. Otherwise, you will take the Valium after arrival and signing of the consent form.
- The first 20-30 minutes of your visit will be spent decongesting and numbing your nasal passages. You can expect to feel numbness in your throat as well, which can give you the sensation of difficulty swallowing and/or breathing. This is a normal side effect of the numbing process.
- Once Dr. Dent has adequately numbed your nose, you will be led into the procedure room. A family member/friend may join you.

#### **PROCEDURE**

- Sinus Lavage should correct the problem of trapped infection and/or debris in the sinus cavities by using sterile saline and liquid antibiotic to loosen and remove the trapped infection. This should improve nasal congestion, nasal drainage, post-nasal drip, and sinus pressure.
- Dr. Dent will use a device called a cyclone that acts like a sprinkler system while inserted in the sinus cavity. After the liquid saline/antibiotic is injected into the sinuses, the liquid will be suctioned out by the same device.
- You will be awake for your procedure.
- If at any point you are unable to tolerate the discomfort, please let Dr. Dent know.
- The lights will be turned down in the procedure room.
- Dr. Dent and a medical assistant will be present to assist the procedure.

#### **WHAT TO EXPECT AFTER THE PROCEDURE**

- Generally, after sinus lavage procedure patients are not given prescription antibiotics or pain medication. This may change based on the findings during the procedure.
- After the procedure, Tylenol 500mg 1-2 tablets every 6 hours for the first day is recommended.
- You can expect to have a mild headache, possible mild intermittent bleeding, and pressure in your nose after the procedure. This should resolve 24-48 hours after the procedure.
- You may have difficulty breathing through your nose or experience some congestion. This is a side effect of the swelling in your nose from your procedure. This should improve as the swelling goes down.
- You will need to flush both of your nasal passages at least three times a day with a saline rinse. It is very normal to have mild bleeding or small blood clots in the saline flush. If there is active bleeding that does not stop with pressure after 15 minutes, you need to notify Dr. Dent. If you cannot get ahold of Dr. Dent go to the emergency room.
- You may have a normal diet after the procedure.
- You may return to work the day after the procedure.
- No strenuous activity for 48 hours after the procedure.

#### **FOLLOW-UP**

- After the procedure it is necessary to make a follow up appointment with Dr. Dent.
- During your recovery period please notify Dr. Dent or present to the emergency room for any difficulty breathing, high fever above 102 degrees, persistent bleeding, or any other urgent concern.