

INSTRUCTIONS FOR DR. WHITE'S PATIENTS ENDOSCOPIC SINUS SURGERY/ SEPTOPLASTY/ TURBINATE SURGERY

- 1. Please DO NOT give the child anything to eat or drink after midnight the night before surgery.** After surgery, a regular diet may be resumed.
2. Return for a postoperative visit one week after the first stage sinus procedure and two weeks after the second stage sinus procedure. The second stage sinus procedure (if necessary) occurs 2 weeks after the first procedure.
3. Stay on decongestants and nasal steroid spray for at least three(3) weeks after surgery, and then taper doses per Dr. White's instructions

4. Start salt-water irrigation on the first day after surgery. Dr White strongly encourages the use of the Sinus Rinse Kit available for purchase through the office.

If you are making your own solution, mix together:

- 1 liter/qt distilled water
- 3 heaping Tsp. Sea salt
- 1 heaping tsp. baking soda.

Irrigate twice daily using the Sinus Rinse Kit or use 5 ml of home-made salt water solution irrigated in the nose using a medical syringe (available from the pharmacy). To irrigate, hang head over the sink and irrigate each nostril. Aim the Sinus Rinse bottle or the syringe straight back into the head. Squeeze the salt solution into the nose until the solution drips from the opposite side and then repeat on the other side.

5. Restrict activity for one week after the first procedure and 48 hours after the second procedure.