

Preparing for Endoscopic Sinus Surgery

You are scheduled to have sinus surgery. You will be asked to do some things to get ready. Be sure to follow the instructions you're given. If you have questions, call your doctor's office.

Before surgery

To prepare for the procedure, you may be told to do the following:

- Tell your doctor what medications, supplements, or herbal remedies you take. Ask if you should stop taking them before surgery.
- Don't take any medications that contain aspirin or ibuprofen for 7 days before surgery.
- Arrange for an adult family member or friend to drive you home after surgery.
- Don't drink or eat anything, including water, after midnight the night before your surgery.

Anesthesia

Anesthesia is medication that keeps you free from pain. It is given by a trained doctor called an **anesthesiologist**. He or she will talk to you about the type of anesthesia that will be used during surgery. You may be given one or more of the following:

- **General anesthesia.** This puts you in a state like deep sleep throughout the procedure.
- **Local anesthesia.** This is injected into the skin and numbs just the area being treated.
- **Monitored sedation.** This makes you drowsy or slightly asleep, but doesn't put you into a deep sleep.

Risks and possible complications of endoscopic surgery

This surgery has a high rate of success. But it does carry the same risks as other surgery. These include:

- Infection
- Bruising
- Excessive bleeding
- Altered sense of taste or smell
- Spinal fluid leakage (very rare)
- Injury to the eye (very rare)