

FOLLOW-UP CARE

After Sinus Surgery

What type of sinus surgery requires follow-up appointments?

Follow-up is necessary after any sinus surgery. This includes maxillary sinuses (cheeks and under the eyes); frontal sinuses (above the eyes behind the forehead); ethmoids (between the eyes); and the sphenoid sinuses (behind the nose and below the brain.)

What should I know after surgery?

You will be given instructions on things you can do at home to promote healing after surgery. This will include some combination of nasal saline irrigations, steroid sprays, saline sprays, and antibiotic medication. In addition, you will need your first follow-up appointment in the office about one week after surgery. At follow-up visits, you will undergo an endoscopic cleaning—called a debridement—where we remove some of the blood and mucous build-up from your nose. You will likely have one or two additional cleanings thereafter.

Why are these appointments important for healing?

Proper post-operative cleanings are essential to prevent scar formation and allow normal healing. This helps to decrease swelling, decrease risk of post-operative infection, and improves your overall comfort.

What is the cost?

Insurance carriers consider follow-up appointments separate from your surgery and therefore there will be a separate charge for each of these visits. Your cost will depend on your insurance coverage and deductible. Contact your carrier for more information. You can also speak with a PCI Financial Counselor

Our office personnel and your doctor are eager to support you through your healing process. Please do not hesitate to call if you have any questions or problems.



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