

## General Instructions for Surgery

### Pre-Admission Testing

All patients scheduled for surgery **must have the following tests done** at the facility of their choice up to 1 month before their planned surgery:

- Chem 7, CBC, PT, PTT
- EKG & Chest x-ray (age 45 and above, accepted up to 6 months prior to surgery)

### The Day of Surgery

Please plan to arrive at La Peer Surgery Center or Cedars-Sinai Medical Center 2 hours prior to your surgery time. You will be called by the hospital or surgery center to confirm your surgery on the day prior to your surgery. If they have not called by 4:30 pm that day, please call **our office**.

**Do not eat after midnight** before your planned surgery. You can have clear liquids up to 8 hours before surgery. You may take your usual asthma, heart, blood pressure or seizure medication with a small sip of water that morning, unless otherwise advised. **Please do not take any aspirin or other over the counter pain medications for one week before your surgery.** You may use Tylenol in the week before surgery. If you are a diabetic, consult with your physician before taking your medication.

If you develop a cold, sore throat, fever or any illness, please call your surgeon's office prior to your surgery.

Welcome to the Center for Advanced Head & Neck Surgery. We are committed to providing our patients with experienced and distinguished surgeons and outstanding care. Our interdisciplinary, highly specialized surgical program for sinus and nasal disorders continually evolves, as a consequence of our dedication to giving our patients the most advanced treatment options. Since a select group of those patients who are recommended for surgery can be successfully treated medically, the main goal of our surgeons is to screen out those patients who do not truly need surgery, and direct them towards the appropriate treatment. Our mission is to provide state-of-the-art diagnosis, treatment, education and research for nasal and sinus disorders. Visit our website for more information on nasal and sinus disorders.

# Targeted Endoscopic Sinus Surgery

Sinus & Nasal Reconstruction  
Surgical Program

(310) 461-0300

[info@larianMD.com](mailto:info@larianMD.com)

LarianMD.com CenterAHNS.com

Babak Larian MD FACS

If you need sinus surgery, it is important to know what to expect. The following are some of the most frequently asked questions:

### **How long will I be hospitalized?**

Most patients are released to go home after surgery. In rare cases, when the patient has other medical issues or in elderly they may stay in the hospital overnight.

### **What type of anesthesia will I have?**

General anesthesia is used in all cases. The reason for general anesthesia is that the surgery is very intricate and patient has to be absolutely still.

### **Do you use the image-guidance system?**

Yes, in a majority of cases the image-guidance system is used to help in surgery. This allows for a more exact and thorough surgery, and decreases the risk of complications. The CT Scan used for image-guidance surgery is very specific; if your CT Scan was done at a facility that did not follow these requirements then it may need to be repeated prior to surgery.

### **Where is the incision?**

There are no facial incisions. The surgery is done through the nostril. There will be no external signs of surgery. Telescopes are used to magnify the view inside sinuses and guide the surgery.

### **Is my septal deviation corrected at the same time?**

If the septum is bent and blocking either your breathing or the path to the sinuses it will be corrected.

### **Will the shape of my nose change?**

No, the shape of your nose will not be affected at all by this surgery. This is purely an internal surgery without any impact on the face or shape of the nose.

### **Will I have stitches or packing?**

No stitches are needed. Usually no packing is used, but if needed, absorbable packing is used that dissolves once you start to irrigate your nose.

### **Will I have pain after the operation?**

All operations involve some pain and discomfort. Our goal is to minimize this discomfort. Although you should be able to eat and drink normally, the main complaint is sore throat and pressure in forehead area. Vicodin is used during the first few days, after which most patients take Tylenol® to keep comfortable at home.

### **Will I be cured of all nose problems after surgery?**

No, sinus surgery only opens the sinuses, thus allowing you to better manage your sinuses. For example, if you have allergies, after surgery you still continue to have allergies, but now the sinuses are open and allergy attacks will not lead to sinus infections.

### **I have been told that sinus surgery doesn't work, and when you have one you may need another!**

This is true for patients who don't take care of their nasal problems after surgery. If allergies or polyps are the reason for sinus problems, they have to continue to be treated after surgery, otherwise the problem will come back and other surgeries may be required.

### **Will I have any physical restrictions after surgery?**

In general, your activity level depends on the amount of discomfort you experience. Many patients have resumed golf or tennis 2 weeks after the operation. You can resume heavy exercise after 4 weeks. Most patients are able to return to work one week after surgery. You are able to drive as soon as your head can be turned comfortably (this limitation is for driver safety).

### **What are the complications unique to sinus surgery?**

In 10% cases there is scar formation in the sinuses that can lead to further sinus infections. This can be prevented by following post-operative instructions exactly, and seeing your doctor regularly.

Injury to the structures adjacent to the sinuses, specifically the eye and the brain occur extremely rarely, less than 1%. This risk is greatly lessened by the use of the image-guidance system.

Loss of sense of smell is a very rare possibility, and is avoided by meticulous surgical technique.

All these possible complications are directly related to the operative experience of the surgeon. Although the risk of these complications cannot be eliminated entirely, they can certainly be minimized in the hands of an experienced sinus surgeon.

### **Surgery After-Care**

You should feel improvement every day after surgery. Be sure to make an appointment to see your surgeon one week after surgery to clean your sinuses.

### **Diet**

During the first 24 hours you should only have light meals. After that you may have anything, as long as it is not hot. Lukewarm food or drinks are fine.

### **Ice Pack**

The first 24 hours, ice packs on the face, over the nose, help with both the discomfort and bleeding. Bags of frozen Peas work very well as ice packs.

### **Bleeding**

For the first 2 days there will be mucous, which can be bloody, draining from the nostrils. The gauze dressing at the nostril is used to keep the area clean and prevent it from soiling your clothes. Once the dripping has stopped you will no longer need to use the gauze.

### **Nasal Irrigation**

Nasal irrigation with salt water and an irrigation bottle should be started the day after the operation. The bottle will be given to you and may also be purchased at the drugstore (NeilMed®- Sinus Rinse). It should be done at least three times a day; the more its done the faster the sinuses heal.