

ENTRUST MEDICAL GROUP

Post-operative Information

POST OPERATIVE SINUS SALINE IRRIGATION

To achieve optimal benefit from your recent Functional Endoscopic Sinus Surgery, the following post operative saline irrigation regimen has been recommended. The purpose of the saline irrigation is to cleanse the sinus cavity or cavities by rinsing the cavities through the anrostomies (the openings which your surgeon has created in the sinus cavities, to allow the proper cleansing and drainage) with a saline solution. The anticipated end result should be that of normal sinus cavity mucosa, free of sinus disease. To achieve these results, please follow the instructions listed below.

ITEMS NEEDED

- Teledyne Waterpik: You can purchase a Waterpik at most drug stores or major retail stores
- Nasal irrigator adaptor (Can be purchased through your surgeon's office)
- Salt
- Tap water (Sterile or Distilled water is not mandatory)

SALINE IRRIGATION

- Make sure the power is off and pressure adjustment is on the lowest setting
- Fill the basin with water that is warm to room temperature
- Add ¼ teaspoon of salt. Stir until salt is dissolved completely
- Attach your nasal irrigator inside the nose comfortably, yet some what snug
- While leaning over the sink, turn the power on and slowly turn the pressure setting to 1 to 1 ½
DO NOT EXCEED 1 ½ for pressure setting on your Waterpik
- Water will begin to fill the sinus cavities and will gradually drain from the opposite nasal passage, this is normal and will remove mucous, sinus packing material and old blood from the surgery
- Clean the tip of the nasal irrigator with isopropyl rubbing alcohol and a cotton ball to remove any bacteria
- Completely dry your Waterpik and store for future use
- If you encounter bleeding, stop and call the office at 714 543 2000

HELPFUL HINTS

- Be sure to lean over the sink, otherwise the debris will go down the back of the throat
- ¼ teaspoon of salt may be altered if the solution burns or if you feel it is too strong
- Preferably, you should irrigate 3 times a day, however your schedule may allow only twice a day, once in the morning and once in the evening.

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