

FRONTAL SINUS TREPHINE(S): POST-OPERATIVE CARE PLAN

The frontal sinus opening into the nose is generally quite narrow. During frontal sinus surgery, the opening into the frontal sinus will be cleared. One or two metal cannulas (trephines) may be left in place after your operation, in your forehead near the edge of the eyebrows. This will allow you to wash out the frontal sinuses after your sinus operation to remove any blood clots which can block the sinus openings and cause scarring and obstruction.

Instructions for frontal sinus irrigation through trephines:

- Remove the black cap on the cannula carefully
- Fill a 10 ml syringe with saline (physiologic salt water)
- Gently attach the syringe to the cannula
- Lean forward and hold a bowl under your nose and mouth and stand over a basin
- Slowly empty the 10 ml of saline into each cannula, one at a time.
- Replace the cap when you are finished
- Repeat this 4 to 6 times during the day
- You will be asked to return to our clinic between 2-5 days for removal of the cannula.

NOTE:

- Do not force saline through the cannula. If there is significant resistance or pain, stop syringing.
- If the cannula falls out when you are asleep or comes away while you are syringing, do not be concerned. Place it in a small bag or container to return to us, and apply a dressing (provided to you before your discharge) over the forehead wound. The incision is made in a skin crease, and usually heals well, so that it is not visible after about 6 months. Contact your surgeon to let them know this has occurred.