



Patient Information

Surgical Management of Chronic Rhinosinusitis Agreement on Expectations of Sinus Surgery

Section 1: Reasons for Surgery

These are the anticipated benefits of your surgery (check all that apply):

- | | |
|---|--------------------|
| Improve breathing through your nose | Remove infection |
| Improve ventilation of your sinuses | Remove polyps |
| Improve ability of medication to reach your sinuses | Remove scar tissue |
| Obtain samples for biopsy or culture | |

These are alternatives (check all that apply):

- | | |
|--|------------------------------------|
| Do nothing | Try a different medical treatment |
| Continue the current medical treatment | Try a different surgical procedure |

These are the potential consequences of not having the surgery (check all that apply):

- | | |
|-----------------------------|-------------------------------|
| No change in your condition | Increased risk for infections |
| Worsening of your condition | Other |

We agree on the reason and alternatives to the proposed surgery.

Patient Initials: _____ Surgeon/surgeon's Designee Initials: _____

Section 2: Expected Outcomes

What is likely to improve (check all that apply):

- | | |
|--------------------------------|------------|
| Frequency of sinus infections | Headache |
| Severity of sinus infections | Fatigue |
| Breathing through your nose | Tooth pain |
| Sense of smell | Snoring |
| Pressure in your face/forehead | Nosebleeds |
| Runny nose | Hearing |
| Thick mucus from your nose | Eyesight |
| Postnasal drip | Voice |
| Ear pressure/pain | |

What is not likely to change (check all that apply):

- | | |
|--------------------------------|------------|
| Frequency of sinus infections | Headache |
| Severity of sinus infections | Fatigue |
| Breathing through your nose | Tooth pain |
| Sense of smell | Snoring |
| Pressure in your face/forehead | Nosebleeds |
| Runny nose | Hearing |
| Thick mucus from your nose | Eyesight |
| Postnasal drip | Voice |
| Ear pressure/pain | |

We agree on the expected results of surgery.

Patient Initials: _____ Surgeon/surgeon's Designee Initials: _____

Section 3: Postoperative Expectations

What medications you can expect to take after surgery (check all that apply):

- | | |
|------------------------------|------------------------|
| Antibiotics | Anti-nausea medication |
| Steroids (by mouth) | Nasal spray |
| Narcotics | Nasal irrigation/rinse |
| Non-narcotic pain medication | |

Will your nose be packed after the surgery (check one):

- | | |
|--------------|-------------|
| Yes | Probably no |
| Probably yes | No |

Will you have a debridement procedure at your follow-up visit (check one):

- | | |
|--------------|-------------|
| Yes | Probably no |
| Probably yes | No |

When you may resume full regular activity (check one):

- | | |
|---------|---------|
| 1 week | 4 weeks |
| 2 weeks | Other |
| 3 weeks | |

When the surgery site will be fully healed (check one):

- | | |
|----------|----------|
| 1 month | 6 months |
| 2 months | Other |
| 3 months | |

We agree on what to expect after surgery.

Patient Initials: _____ Surgeon/surgeon's Designee Initials: _____

Section 4: Additional Notes

Patient Name:

Surgeon/surgeon's Designee Name:

Patient Signature:

Surgeon/surgeon's Designee Signature:

Date:

Date:

Shin, J.J., et al. (2025), Clinical Practice Guideline: Surgical Management of Chronic Rhinosinusitis. *Otolaryngol Head Neck Surg*, 172: S1-S47. <https://doi.org/10.1002/ohn.1287>



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ABOUT THE AAO-HNS/F

The American Academy of Otolaryngology-Head and Neck Surgery (AAO-HNS) represents approximately 13,000 specialists worldwide who treat the ear, nose, throat, and related structures of the head and neck. The AAO-HNS Foundation works to advance the art, science, and ethical practice of otolaryngology-head and neck surgery through education, research, and quality measurement.