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## POST OPERATIVE INSTRUCTIONS FUNCTIONAL ENDOSCOPIC SINUS SURGERY (FESS)

Sinus surgery removes chronically inflamed sinus tissue and enlarges the natural sinus drainage passages. The surgical site heals within a few weeks, but prior to complete healing, small amounts of nose bleeding, clots/crusts, and mucus drainage are common.

Sinus surgery also causes some swelling of the mucus membranes of the nose which can result in nasal congestion that can last several weeks after surgery. This is exaggerated if sinus surgery was performed with nasal Septoplasty or Turbinate Reduction surgery.

### DIET

Begin with clear liquids immediately after surgery. Diet can return to normal as tolerated after surgery. Fluid intake is always important after surgery.

### ACTIVITY

Activity is generally restricted for 1 week after surgery. Sleep with head elevated, 2-3 pillows, and avoid straining and nose blowing for 1 week after surgery.

### WHAT TO EXPECT AFTER SURGERY

Packing will stay in place for 2-3 weeks, depending on the surgery performed. At the first post-operative visit, examination of the sinuses is performed and some of the packing material is suctioned from the sinuses. This is repeated at the 2<sup>nd</sup> and 3<sup>rd</sup> postoperative visits.

**Begin nasal saline (saltwater) irrigations the day after surgery.** Irrigations should be performed using a bulb syringe or irrigator bottle, holding your head forward over a sink. One bulb syringe of lukewarm saline irrigation per nostril at least twice daily is necessary. Saline can be purchased in the drug store under brand names, Ocean, Simply Saline etc.

Fever: Uncommon after sinus surgery, but the doctor should be notified if the temperature is above 101.5 Fahrenheit.

Pain: Tylenol or the narcotic/Tylenol prescription should be given for discomfort/pain as needed. Avoid Advil/Motrin for 1 week after surgery.

### MEDICATIONS

Oral antibiotics as directed by your doctor. Use pain medication only as recommended by your doctor or use Tylenol.

**PLEASE DO NOT HESITATE TO CALL THE OFFICE IF YOU HAVE ANY  
QUESTIONS OR IF PROBLEMS ARISE.**