



## **POST-OPERATIVE INSTRUCTIONS** **Functional Endoscopic Sinus Surgery (FESS)**

FESS may be required in situations where medical treatments such as antibiotics, steroids nasal sprays and saline washes failed to resolve sinus infections or inflammations or slows the progress of nasal polyps. The aim of the surgery is to allow better drainage and ventilation of the sinuses by creating wider and clearer pathways into the sinuses.

### **Post-operative course**

Most patients will be staying overnight in the hospital. It is recommended that you allow at least 10-14 days away from work and or studies.

- You can expect to develop significant blockage and tenderness of the nose as well as headaches in the days after the surgery. These symptoms may be quite pronounced for 1 to 2 weeks.
- Bleeding is very common after this surgery and can occur any time in the 2 weeks after the surgery (this can be nosebleed, or you may spit out dark blood)

### **Post-operative medications**

- You may or may not be given antibiotics – your surgeon will advise you.
- Pain killers – take this regularly as advised by your anaesthetist for maximal effectiveness.
- Saline rinse – commence nasal rinse the day after the surgery.
  - This keeps the nose clean and free of crusts, improve healing and dissolves the packing faster.
  - Use up to 4 times a day until your first follow up appointment.
  - If you cannot tolerate saline rinse, use saline spray/mist – for the first 7 days use at least once an hour while you are awake.

***You cannot over-do it with the salt water, so use it more frequently if you wish.***



## **What to avoid post-operatively**

- **Blowing your nose\*** -Wipe with a tissue if there is discharge or flush with saline if blocked.
- Very hot meals, drinks or bath
- Heavy lifting, straining or strenuous exercise.
- Sneezing - Sneeze with mouth open to prevent the blast releasing through the nose.

## **Post-op infection**

- Worsening pain
- Temperature /fever greater than 38.5 degrees for more than 24 hours
- Headache, neck stiffness, photophobia or change in vision.
- An increase in swelling or redness around the nose
- Foul smelling yellow or green nasal discharge
- Any swelling around the eyes

***\* Please report these symptoms to me\****

## **Follow up.**

Your first appointment will generally be around 2 weeks after the surgery. During this visit your nose will be examined to ensure healing is progressing. In some cases debridement and small adjustment may be necessary to ensure scar tissue does not form.