

ENTRUST MEDICAL GROUP

Post-operative Information

FUNCTIONAL ENDOSCOPIC SINUS SURGERY (FESS)

Please take the time to read these instructions carefully. If you have any questions or concerns, either before or after your surgery, please contact your surgeon's office.

The post-operative patient will be discharge from the Outpatient Surgery Center, after he/she is fully awake and the danger of serious bleeding is minimal. The patient may be drowsy and nauseated. Please allow the patient to rest as much as possible upon arrival at home.

DIET

We ask that you eat a soft and cool diet after the operation as this will decrease the likelihood of bleeding from the nose. Because some individuals occasionally experience nausea and vomiting after general anesthesia, you may also want to eat a bland diet the day after the operation. You may resume your normal diet the day after the operation, however you should avoid very hot liquids/foods for at least a week after surgery.

ACTIVITY/WORK

After the operation, you should rest at home and avoid all strenuous activities for the week following the surgery. **Keep your head elevated at all times**, this helps to prevent bleeding. Do not bend from the waist to pick things up, but do bend at the knees. Avoid heavy lifting or straining as these may increase the risk of bleeding. You will be asked to remain out of work until you are seen for your first post-operative visit. Plan on being out of work for one week.

MEDICATIONS

An antibiotic will be prescribed for you and should be started 2 days prior to your surgery and continued after surgery. Finally, you will have a prescription for a pain medication, usually Vicodin to be taken as directed. Please keep in mind that pain medications may cause drowsiness. In addition, you should avoid taking any aspirin or aspirin-containing products for at least 1 week after surgery as these may increase the possibility of bleeding. Prescriptions will be given to you on the day of your pre-operative visit. Please have all your prescriptions filled prior to your surgery.

PACKING

You will usually have absorbable packing in the nose, which should not interfere with breathing through the nose. On rare occasions you may also have non-absorbable packing, which will need to be removed in the office. You will a post-operative appointment usually one week after surgery during which we will remove any packing and monitor your healing.

GENERAL INFORMATION

After surgery you will have a mustache dressing and can expect to see a considerable amount of mucous drainage containing some blood. This should be expected for 2 or 3 days after surgery. You may change the mustache dressing as needed. Clean the dried blood and secretions from the nostrils with hydrogen peroxide 3% and Q-tips. If excessive bleeding occurs, try spraying the nose with Afrin spray to constrict the bleed vessels. If this does not help and bleeding is not slowing down, please contact our office. **DO NOT BLOW YOUR NOSE** until you are seen for your first post-op visit. If you have to sneeze, please do it with your mouth open as this prevent excessive pressure build-up and bleeding. Avoid very hot showers for at least 3-4 days after surgery.

FOLLOW-UP

Please keep the post-operative appointment that was made for you. If you have any questions or concerns, please contract your physician's office.

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