



FUNCTIONAL ENDOSCOPIC SINUS SURGERY (FESS)

These instructions will help you take care of yourself at home.



ACTIVITIES

- For the next 24 hours, do not drive or operate dangerous machinery or power tools, drink alcoholic beverages, make any important personal or business decisions, or sign any legal documents.
- Limit your activity for the rest of the day.
- Do **NOT** engage in sports, heavy work or lifting for two weeks following surgery.
- Do NOT blow your nose for one week.
- If you feel the need to blow your nose, perform a saline irrigation instead.
- You may start to **gently** blow your nose one week after surgery.
- You may shower or tub bathe as you prefer.



DIET

- Start with cool clear liquids (water, apple juice, Pepsi, Coke, gingerale, Popsicles).
- Advance your diet as tolerated to a regular diet.
- **AVOID HOT DRINKS** like coffee, tea, and soup on the day of surgery.



SPECIAL CARE NEEDED

- You may change the nasal drip pad if it is soaked with drainage or blood.
- Expect moderate/ heavy drainage for the first 24 hours. This will gradually decrease over the next few days.
- You may stop using the nasal dressing when the drainage decreases/ stops.
- Nasal drainage may increase with eating/drinking hot fluids, heavy activity, or vomiting and may contain dark or bright red blood.



MEDICATIONS

1. Saline irrigation kit (start tomorrow).
 - Irrigate your nose 3 times a day using 2 bottles of irrigation solution for each use.
 - The more frequently you irrigate your nose, the less crust will form in your nose.
 - Use one packet of prepared salt mixture to 8 oz. of water **OR** mix ¼ tsp of sea salt or kosher salt and ¼ tsp of baking soda with 8 oz. of water.
 - Use only saline for your irrigations after surgery. You will restart your pre-operative irrigation medications after your first post-op clinic visit.

2. Nasal saline spray
 - Use 2 sprays into each nostril every 1-2 hours while awake or as often as you can.
3. Afrin Nasal Spray (oxymetazoline)
 - **If you are congested**, you may use 2 sprays into each nostril twice a day. **USE ONLY FOR 3 DAYS.**
4. Medrol Dose Pack or Steroid Taper
 - Begin the day after surgery. Use as directed.
5. Antibiotic: _____
 - Begin the day after surgery. Use as directed until finished.
6. Pain medication: _____
 - DO NOT DRIVE, OPERATE DANGEROUS MACHINERY, OR DRINK ALCOHOL WHILE TAKING NARCOTIC PAIN MEDICATION.
7. Extra Strength Tylenol (acetaminophen)
 - You may take 2 tablets every 6 hours as needed for pain.
 - Do not take while still taking your narcotic pain medication.

IN CASE OF MINOR BLEEDING FROM YOUR NOSE

- Keep your head elevated.
- Stay in a sitting position.
- Place ice packs or a cool cloth over the nose.
- Suck on ice chips or Popsicles.
- Pinch nose to apply pressure.



WHEN TO CALL YOUR DOCTOR

- A temperature greater than 100 F or 38 C.
- Swelling over the face (forehead, eyes, nose, or cheeks).
- Blurred vision.
- Stiff neck.
- Extreme drowsiness after the first day.
- Bleeding from the nose lasting for more than 15 minutes.
- Inability to urinate 8 hours after surgery.
- Vomiting lasting more than 4 hours.
- Any other symptoms which concern you.

If you have any questions or concerns during clinic hours, call 434 924-5700.

If you have questions or concerns during the evening, night, or weekend hours, call the UVA operator at 434 924-0000 and ask for "the ENT resident on call."

Call 911 if you have chest pain or shortness of breath