



EAR, NOSE, THROAT, AND SINUS CLINIC

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POST OPERATIVE INSTRUCTIONS

ENDOSCOPIC SINUS SURGERY

Functional endoscopic sinus surgery (FESS) is a surgical technique that allows the sinus surgeon to go through the nose and open the sinuses for improved ventilation and drainage. This technique allows for careful and precise removal of diseased sinus tissue or the improvement of anatomic problems using special telescopes and small instruments.

General Information:

You or your child should remain home for at least 24 hours after the surgery. Do not drive, operate dangerous machinery or power tools, drink alcoholic beverages, make important personal or business decisions, or sign any legal documents for 24 hours after surgery. You may increase your activity when feeling better. Usually, the patient may return to work or school 1 or 2 days after surgery with limited activity. Heavy exercise, lifting, bending, gym, sports, swimming, bike riding, etc. should be avoided for 14 days after surgery.

Call your doctor:

If you're bleeding excessively.

If you have signs of infection, such as fever, yellow or greenish drainage.

If you have unrelieved headache, or increased pain.

If you have decreased or double vision, a stiff neck, or you feel extremely fatigued.

Diet:

It is important to drink lots of fluids for the first 3 days after surgery. Start with clear liquids such as apple juice, water, Kool-Aid, Gatorade, soda, or popsicles. On the first day after surgery, many people feel more comfortable eating soft foods like soup, mashed potatoes, applesauce, or bananas. You or your child may eat regular food when you feel ready.

Bleeding:

There may be some bleeding from the nose for 2 to 5 days after surgery. The bleeding will change to a pink discharge for about a week after surgery. The nasal sprays used after the surgery will wash old blood and mucus from within the nose for 7 to 10 days.

Pain:

There is some discomfort with sinus surgery. You or your child may have a stuffy nose, mild facial pain, or headache for 7 to 10 days after surgery. Usually, pain medicine such as acetaminophen (i.e., Tylenol, Panadol, Tempra, etc.) will control the discomfort. The day of surgery and several days after may require more powerful prescription medication. Your physician will provide needed prescriptions.

Dressings:

You may change the nasal drip pad if it is soaked with secretions or blood. You may stop wearing the nasal dressing when the nasal drainage has decreased or stopped. You can expect moderate/heavy drainage for the first 24-48 hours, which will gradually decrease over the next few days.

Medications:

Your physician will advise you on the appropriate use of medications. Some or all of these may be used.

1. Bulb syringe nasal irrigation - Irrigate your nose three times daily using normal

saline and a bulb syringe. Make normal saline by mixing 1-liter water, 3 teaspoons salt, and 1-teaspoon baking soda.

2. Nasal Saline Spray- Two or three puffs into each nostril every 2 hours or as often as you can. It will help prevent the formation of crust in your nose. Use this spray before the Nasal Steroid or Afrin.

3. Afrin Nasal Spray- Two puffs into each nostril twice a day for 3 days only.

4. Nasal Steroid Spray - Two puffs into each nostril 2 times a day for 14 days, then decrease to 2 puffs once a day.

5. Medrol Dose Pack-Take as directed until the pack has been completed. Begin the day after surgery.

6. Antibiotic - Take as directed until gone - begin the day after surgery.

7. Pain Medication - Take as directed by your physician, only as needed to control post-operative discomfort.

When to Call the Doctor:

Bleeding for longer than 3 days

Pain not helped by acetaminophen (Tylenol) Increased swelling of face or eyes

Change in vision

Vomiting lasting more than 6 hours

Headache not relieved by acetaminophen (Tylenol) Fever over 102

Follow-Up Appointments:

Your doctor will want to see you after surgery to check the inside of the sinuses for healing and remove any crust or infection as needed. This is called nasal endoscopy with debridement. Adults will be examined in the office 7-10 days after surgery. Children on occasion are returned to the operating room and anesthesia is used to perform this examination with sinus cleaning. This "second look" operation is usually performed 2 to 3 weeks after the initial sinus surgery.

After Surgery:

You'll spend one to two hours in a recovery area with a nasal dressing to absorb bloody drainage, which should be minimal. When you're no longer too groggy from anesthetic and have no unusual nausea or bleeding, you'll be discharged. Be sure to have someone drive you home.

Home Recovery:

Taking a few precautions during the first few weeks after surgery can help prevent complications and speed your healing. Take it easy for about a week, during which time you may take medication for pain, anti-inflammatory for swelling, and antibiotics to prevent infection. For the first few days, sleep with your upper body elevated to keep pressure off your head. You'll be given instructions about ongoing care, which can help you minimize future infections or allergies and their effects.

First Few Days:

Change the gauze (mustache bandage) in your nose as needed to control bleeding.

Use salt-water rinses as prescribed by your doctor to keep your sinuses moist.

Mix $\frac{1}{4}$ teaspoon salt and $\frac{1}{4}$ teaspoon baking soda in eight ounces of fresh, warm water.

Use a bulb syringe to squirt this solution into your nose a few times a day.

First Few Weeks:

Take medication as directed by your doctor. Continue to use salt-water rinses.

Use a humidifier regularly to keep mucus and blood from drying up.

Keep your appointments with your doctor.

Ongoing Prevention:

Do's - Aid drainage by keeping your sinuses moist and mucus thin:

Use a humidifier.

Drink several glasses of fluids daily.

Use salt-water rinses when you get a cold.

Follow up with your doctor a couple of days after surgery. Your doctor will check your progress and remove any nasal dressing. You'll need frequent, brief visits after endoscopic surgery to clear out old blood and mucus. This promotes faster healing and helps to prevent complications. Consult your doctor about additional, long-term follow-up.

Don'ts - Increase the risk of bleeding by: Blowing your nose.

Exercising, straining, lifting, or bending forward. Eating hot or spicy foods.

Travel by plane for a few weeks after surgery to avoid pressure changes and the drying effects of airplane air.

Take drying medication such as antihistamines, unless prescribed by your doctor.

Expose yourself unnecessarily to substances that cause you to have allergic reactions.

Use dehydrating substances such as alcohol and coffee or expose yourself to irritants such as cigarettes.