(FESS) FUNCTIONAL ENDOSCOPIC SINUS SURGERY/ SEPTOPLASTY/ SPUR OR TURBINATE SURGERY  (Post-operative instructions).

Please read the following instructions carefully and contact your doctor's clinic if you have any questions and concerns, either before or after your surgery.

POST-OPERATIVE CARE:

- Drink lots of fluid such as water, juice, soups etc. This prevents dehydration and keeps your nasal cavity and throat moist.

- Sleep with head elevated for the first 48 hours. You may use extra pillows for this.

- Avoid getting hit on your nose.

- Sneeze with mouth open. DO NOT blow or pick your nose for at least 2 weeks.

- Rest for at least a week is recommended. Sick leave certificate is available at your doctor’s clinic.

- Medication for pain and antibiotic, if prescribed, should be taken without fail.

- DO NOT take Aspirin for at least 2 weeks after the surgery.

- Avoid lifting heavy weight and extreme physical activity for 2 weeks.

- Regular visits to your doctor’s clinic may be necessary after the surgery for endoscopic cleaning of the nose to prevent adhesions and scar formation.

WHAT TO EXPECT IN THE POST-OPERATIVE PERIOD?

- You may feel drowsy and nauseated due to the anaesthesia medication. Vomiting may also occur.

- Your nose will be blocked till the nasal packs are removed. You will be breathing through the mouth during this time.

- Some drainage of bloody secretions is expected. Do not blow your nose hard. Sneeze with your mouth open. Do not swallow secretions. These can upset your stomach. You can spit out any secretions flowing into your mouth.

- You may use ice packs across the nose and eyes for comfort. These should be small and light to prevent discomfort.

- Your mouth may become dry. Use mouthwash and ointment (Vaseline) to the lips.

- Do not eat foods that require a lot of chewing in the first few days. While the packs are in place, you may find that your taste and smell are diminished. This will resolve when the packing is removed. Your packing will be removed after

- 24 hours of surgery.

- Your throat may become dry and you will be advised to take sips of water frequently.

- Mild swelling and stiffness at the nasal tip may occur which will remain for few days.
You may brush your teeth, wash your face and wear make-up or shave as you normally do, but avoid bending over for prolonged periods.

The nasal discharge is initially red which becomes pink and watery thereafter.

During the course of healing, you will experience periods of alternating good airflow and extreme congestion.

You may also have “sinus headache.” These improve as the swelling subsides.

A low grade fever (between 100.5F and 101.5F) is normal after surgery.

Make sure to confirm your post operative follow up visit to your doctor’s clinic.

CONTACT YOUR DOCTOR’S CLINIC IF

- There is excessive bleeding from the nose or mouth which is bright red and lasts for more than 10 minutes.
- You have change in vision.
- You have neck stiffness or deep head pain.
- You have fever greater than 101.5F.
- You have a low grade fever which continues beyond 2 days.
- You have severe pain which is not relieved by your prescribed pain killer.
- You have swelling of the eye or severe headache.
- You have any questions or concerns regarding your surgery.