

# **HOME CARE AFTER** **ENDOSCOPIC SINUS SURGERY**

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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.

## **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.

## **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, Temptra, 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.

## **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 in the after surgery period will wash old blood and mucus from within the nose for 7 to 10 days after surgery.

## **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  
Headache not relieved by acetaminophen (Tylenol)  
Fever over 102  
Vomiting lasting more than 6 hours

## **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.