



Post-Operative Care and Instructions for Functional Endoscopic Sinus Surgery

GENERAL

Functional endoscopic sinus surgery is an operation to open precise areas of sinus tissue and remove or drain sinus disease from these areas. Small fiberoptic lenses are used to examine diseased areas so that surrounding normal tissues are left undisturbed. There is a potential for risks and complications with this surgery, as have discussed with you already.

BEFORE SURGERY

Beginning one week before surgery, avoid all forms of alcohol and aspirin to prevent problems with bleeding.

AFTER SURGERY

You will have congestion and a deep bruised feeling around the facial area. You will be given a pain reliever to use during the first week. For the congestion, I would advise a salt-water nasal spray to be used 5 or 6 times a day. It would also help to gently clean the nostrils with peroxide on a Q-tip. This removes dried blood and crust.

Nasal irrigation's or cleansing will need to be started the day before your post-op visit. This should be done 2-3 times a day. You may purchase a Water Pik with a nasal irrigation tip or purchase a disposable irrigation kit in the office.

You will need to rest in bed with your head elevated for the first 72 hours. Nausea can be caused from swallowing blood during the operation or while in the recovery room.

Moderate, bright red bleeding from the nose may occur for 24-36 hours. The bleeding may be followed by old blood clots that are dark in color and may continue for two weeks. ***Do Not Blow Your Nose or Try Not to Sneeze For Five Days.*** Try to gently sniff in through your nose to clear clots. Afrin Nasal Spray may be used to control bleeding (2 puffs to each nostril three times a day, for ***three days only***).

Nasal packing is occasionally required. When it is used, it will be removed within 24 hours. Nasal splints to hold the septum in position are sometimes required and will be removed in approximately 7 days.



All medications prescribed by Dr. Doucet may be resumed after surgery unless otherwise instructed.

You will be able to return to school or work five to seven days after surgery. Avoid aerobics, contact sports, bending over, and lifting objects over 25 pounds for one week after surgery. On your post-operative visit, Dr. Doucet will let you know when it is safe to resume normal activities.