

Functional Endoscopic Sinus Surgery

Disclaimer: *The following information should not be considered medical advice or a substitute for a consultation with a physician. If you have a medical problem, contact your physician for diagnosis and treatment.*

General Anesthetic: After a general anesthetic, you may experience some weakness, dizziness, and sleepiness. A responsible adult must stay with you for 24 hours because of the effects of the anesthesia. Adults should not drive a car, operate dangerous machinery, or make important or legal decisions for 24 hours after anesthesia or while taking pain medications.

What to expect: Nasal congestion and discomfort. Gauze taped in front of your nose might need to be changed as often as once every hour immediately following surgery. The discharge will steadily decrease over the first few days. Your physician if you are experiencing more drainage than expected. Some bleeding is normal. Bloody or non-bloody discharge is normal.

Diet: Start with clear liquids, you may resume your previous diet when you no longer feel nausea.

Hydration: This is very important during the recovery period and will help the healing process. Avoid alcoholic beverages with

cause dehydration and thickening of mucous.

Fever: It is not uncommon to run a low-grade fever, which can be expected after surgery. A fever below 101.5 degrees often clears and should not cause concern. This is probably the results of mild dehydration and the healing process. Please call us for elevated or persistent fever ($>101.5^{\circ}$ for 2 days).

Medications: Take all the antibiotics prescribed by your physician. Discomfort is usually relieved by a prescription pain medication or Tylenol. If a stronger pain reliever is prescribed, follow the directions carefully. **Do not take aspirin or products containing non-steroidal anti-inflammatory medications (i.e. ibuprofen). These “thin the blood” and slow blood clotting.**

Special Instructions: Use salt water irrigation. (See attached instructions for Nasal Irrigation). Generally start irrigation post-operative day one, unless packing or ointment. If so, then start nasal saline spray first. Nasal saline sprays include Ocean, Nasal, Ayre, Simply Saline. Use 2 sprays in each nostril 5 times per day. Then start saline irrigations once packing is removed or as instructed by your physician. This will keep the nasal tissue moist, clean the inside of the nose, reduce crusting and promote healing. Do not blow your nose or restart steroidal nasal sprays until directed by your

physician. If you need to sneeze or cough, do so with your mouth open. Keep your head raised 30 degrees at bedtime for 48 hours after surgery.

Activities: Avoid strenuous exercise, staining or lifting over 5 lbs for 2 weeks. You may return to work or school 7 days after surgery, or as instructed by your physician.

Follow-up: The post operative appointment will be with your physician one or two weeks after surgery. Please call 206-215-1770 to schedule immediately if it has not been scheduled yet.

Contact the office if you experience

1. Excessive bleeding.
2. Persistent severe pain not relieved by medication.
3. Elevated or persistent fever ($>101^{\circ}$ for 2 days). Fever for 2 days after surgery is normal.
4. Vomiting after stopping prescription pain medications, or reaction to the post op medications.

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