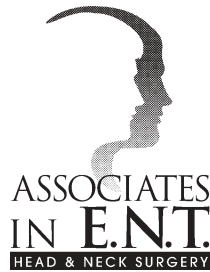


SURGEONS
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HOME CARE AFTER ENDOSCOPIC SINUS SURGERY

Functional endoscopic Sinus Surgery or FESS is done to treat chronic sinus infections. The surgeon uses fiber-optic instruments to go through the nose to open the sinuses. This allows the sinuses to drain so there will be fewer infections.

GENERAL INFORMATION

The patient should rest at home for the first 24 hours after the surgery and may become more active when feeling better. Usually a person may return to school or work 5 to 7 days following a FESS, depending on the type of environment and activity required. The patient should not take gym or do any heavy lifting or exercise such as bike riding, swimming, or sports activity until approved by the doctor. Avoid blowing your nose.

DIET

It is important to drink lots of liquids for the first 3 days after surgery. Start by taking clear liquids such as apple juice, water, Kool-aid, soda or popsicles. When these are tolerated, progress to soft foods like soup, mashed potatoes, applesauce, or bananas. Regular foods may be eaten when the patient feels ready.

PAIN

The patient may have a stuffy nose and discomfort from medicine placed in the nose at surgery. The outside of the nose may be very tender to touch. ***Avoid aspirin or ibuprofen as these products may increase bleeding.*** Take pain medication as prescribed by your doctor. You should call your doctor if the pain lasts longer than one week or if the prescribed medicine does not help the pain. The patient may rest better with the head on 2 or 3 pillows.

BRUISING

Slight bruising or swelling around the eyes may appear after surgery. Changes in vision or increases in swelling should be reported to the office (423/267-6738).

BLEEDING

You will see some bleeding from the nose the first 3 days after surgery. A bandage under the nostrils may be needed and may need to be changed many times during the first 2 days. The bandage may be taken off when the bleeding slows down. The patient may have dark reddish brown, blood-tinged or thick yellow-green drainage for up to one month after surgery. ***A continuous stream of bright red blood should be reported to the office (423/267-6738).*** Your doctor will let you know when it is OK to blow the nose.

ACTIVITY

- Do not lift anything over 5 pounds.
- Do not bend over. Avoid doing things like tying your shoes or picking up things off the floor.
- Do not do heavy exercise or play contact sports.
- Do not strain for bowel movements. If you are constipated, take a stool softener or a gentle laxative.
- Avoid sexual activity for 72 hours after surgery.
- Go back to school or work only when your doctor says you can. If you need a release to return to school or work, please notify your physician to arrange for the form to be completed.
- Avoid blowing the nose. Sneeze with the mouth open.
- Avoid smoke, dust, fumes or anything which might irritate the nose.

WHEN TO CALL THE OFFICE (423/267-6738)

Be sure to have pharmacy name and telephone number available when you call.

- Heavy bleeding or normal post-surgery bleeding for longer than 3 days.
- Clear watery drainage from nose.
- Pain not helped by acetaminophen (Tylenol) or prescribed pain medication.
- Change in vision or eyesight.
- Persistent, severe or unusual headache.
- Fever over 101 degrees even if drinking fluids and taking Tylenol.
- Persistent vomiting.
- Increased swelling of face or eyes.

SPECIFIC INSTRUCTIONS

Return to the office on _____, 20____ at _____ a.m. / p.m.