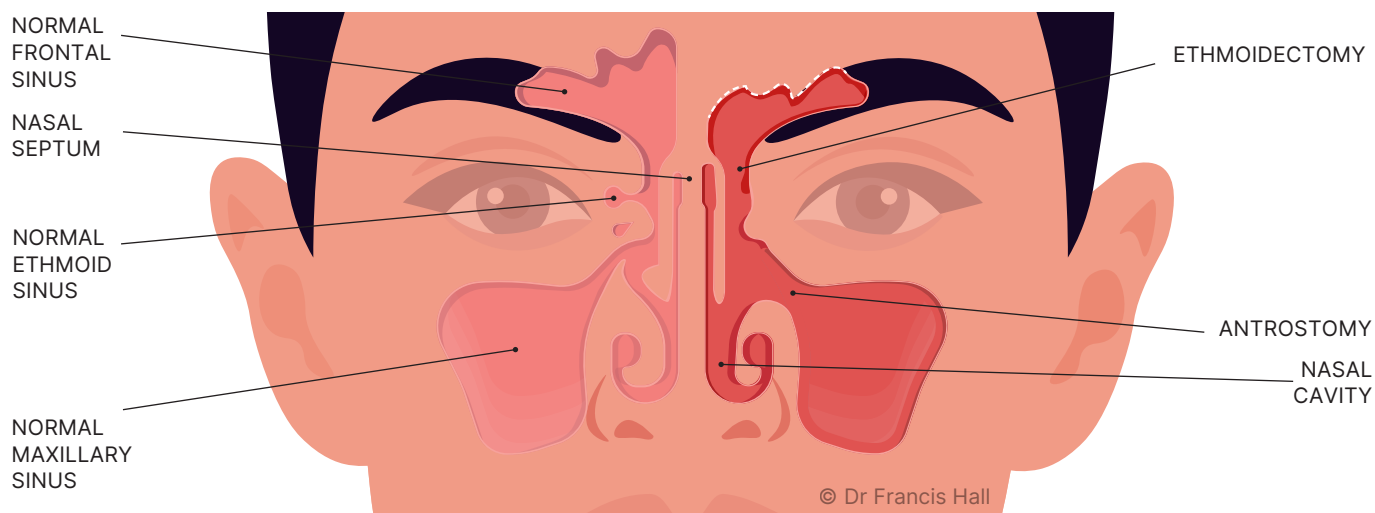




Dr. *Francis* T. Hall

EAR, NOSE, THROAT, HEAD & NECK

Functional endoscopic sinus surgery care



Functional endoscopic sinus surgery (FESS) opens and cleans out your sinuses. You will have a “nasal drip pad” under your nostrils to collect any blood that may drip from your nose. Your nurse will show you how to change the pad as needed. You may have dissolvable packing material inside your nose to reduce bleeding and swelling. You will have some pain in and around your nose, and you may have a headache. Your nose will be stuffy, and you will have trouble breathing through your nose for 1-2 weeks.

Let Dr Hall know if the nose gets more sore or more blocked after initially not being too bothersome. This care sheet gives you a general idea about how long it will take for you to recover. But each person recovers at a different pace. Follow the steps below to feel better as quickly as possible.

How can you care for yourself at home?

Activity:

- Do not drive in the 24 hours following your surgery
- Rest when you feel tired. Getting enough sleep will help you recover.
- Keep your head raised for several days after surgery. Sleep with your head up by using 2 or 3 pillows.
- Try to walk each day. Start by walking a little more than you did the day before. Bit by bit, increase the amount you walk.
- You will need to take 2 weeks off from work.
- Avoid strenuous activities, such as bicycle riding, jogging, weight lifting, or aerobic exercise, for 3 weeks or until Dr Hall says it is okay. Strenuous activity may induce bleeding.
- To reduce the chance of bleeding avoid lifting more than 3kg for 3 weeks.
- To reduce the risk of bleeding, avoid lifting more than 3kg for 3 weeks.
- Do not bend over to look under a bed, etc. during the first week after surgery.
- Do not blow your nose for 4 days after surgery. Wipe your nose gently with a tissue. If you need to sneeze, do it with your mouth open.
- Do not swim for two weeks.

Diet:

- You may notice that your bowel movements are not regular right after your surgery. This is common. Try to avoid constipation and straining with bowel movements.
- You may want to take a fibre supplement every day. If you have not had a bowel movement after a couple of days, ask Dr Hall about taking a mild laxative.
- Resume your regular diet, there are no dietary restrictions.
- Drink plenty of fluids. Eat fruit.

Nasal rinsing:

- Do nasal rinsing at least four times a day. (Dr Hall's best results occur in patients that rinse their nose at least four times a day following endoscopic sinus surgery)
- Check out the Neilmed sinus rinse video on Youtube https://www.youtube.com/watch?v=LW9mvVe7Mk4&ab_channel=NeilMed on how to perform a sinus rinse.
- Nasal rinsing helps the tissues heal and helps prevent adhesions forming between two raw surfaces.
- Nasal rinsing also helps dissolve any dissolvable packing that may have been placed in your nose. It also helps remove any blood clots in the nose and sinuses.
- If you are going to blow your nose, blow your nose very gently as vigorous nose blowing is very likely to cause a nose-bleed.

Medicines:

- Start budesonide nasal spray (Steroclear) one week after surgery (Dr Hall will prescribe this). Steroclear nasal spray: 1 puff each nostril twice a day, every day.
- If you stopped taking aspirin or some other blood thinner, Dr Hall will tell you when to start taking it again.
- Take pain medicines exactly as directed (Dr Hall will prescribe these).
- If Dr Hall prescribed antibiotics, take them as directed. Do not stop taking them just because you feel better. You need to take the full course of antibiotics.
- If you think your pain medicine is making you sick to your stomach:
 - Take your medicine after meals (unless Dr Hall has told you not to).
 - Ask Dr Hall for a different pain medicine.

Incision care:

- The operation is done with a telescope through the nose. There are no incisions.

Follow up appointment:

- Dr Hall usually sees his FESS patients 1-2 weeks after surgery. His nurse Rebecca will arrange your follow up appointment for you. If you have not heard from Rebecca within one week of your surgery, please contact her on 09 281 2963.
- At the first post operative appointment, the sinuses are cleaned with a small suction device and a telescope.

Other instructions:

- If you experience any of the following call or text Dr Hall:
 - Nose-bleed
 - Swelling of the eye
 - Bad headaches

Any problems call or text Dr Francis Hall on 021 733 677

Dr.  T. Hall