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## **FUNCTIONAL ENDOSCOPIC SINUS SURGERY**

### **Functional Endoscopic Sinus Surgery (FESS)**

You have undergone Functional Endoscopic Sinus Surgery to improve sinus drainage and breathing. Proper post-operative care is essential for healing and the best long-term outcome.

#### **What to Expect**

- Nasal congestion and pressure are normal for 1–2 weeks.
- Bloody nasal drainage or blood-tinged mucus is common for the first several days.
- Mild facial pain, headache, or fatigue may occur.
- Your sense of smell may be reduced temporarily.

#### **Precautions**

- Light bleeding is normal. You may dab your nose gently with tissue.
- If steady bleeding occurs:
  - Sit upright and lean forward.
  - Apply gentle pressure to the soft part of the nose.
  - Use Afrin (oxymetazoline) spray if needed to help stop the bleeding.
- Call the office or go to the ER if heavy bleeding continues longer than 20–30 minutes.

#### **Nasal Care (Very Important)**

- Do **NOT** blow your nose for at least 7–10 days unless instructed otherwise.
- Begin using saline nasal spray on the day of surgery, or as directed:
  - Use saline at least 4-6 times per day, preferably more.
  - This helps remove crusts and promotes healing.
- Begin using nasal saline irrigations on day 3 postoperatively until the follow up visit, which is usually 2 weeks after surgery.

#### **Medications**

- Take prescribed pain medication as needed.
  - Avoid aspirin or NSAIDs (ibuprofen, naproxen) unless approved by your doctor.
- Take antibiotics or steroids exactly as prescribed.
- You may use Tylenol (acetaminophen) for mild pain.

### **Activity Restrictions**

- Rest with your head elevated for the first few days.
- Avoid:
  - Heavy lifting (>10–15 lbs.)
  - Strenuous exercise
  - Bending over
  - Straining
- These restrictions usually last 1–2 weeks.
- You may resume light activity and walking as tolerated.

### **Diet**

- Resume a normal diet as tolerated.
- Drink plenty of fluids.

### **Follow-Up Appointments**

- Keep all post-operative visits.
  - Your doctor will clean the nasal passages and remove crusts during these visits which is an important part of recovery.

### **When to Call the Office Immediately**

- Fever >101°F (38.3°C)
- Severe or worsening pain not controlled by medication
- Heavy or persistent bleeding
- Vision changes, double vision, or eye swelling
- Clear, watery drainage that does not stop
- Neck stiffness or severe headache
- If you have any questions or concerns

Healing after sinus surgery is gradual. Improvement in breathing and sinus symptoms often continues for several weeks to months. Following these instructions carefully will help ensure the best surgical outcome.