

## PATIENT INFORMATION

# Functional Endoscopic Sinus Surgery Postoperative Care Instruction Sheet

### About Postoperative Care Visits

Postoperative office visits are a critical component of surgery, since they help promote healing and prevent recurrent disease. During these visits, the surgical cavity is cleaned and inspected. Early scar tissue may be removed, and the medical treatment strategy will be adjusted based on the exam.

Your first postoperative visit will occur typically within the first week after surgery, and you should expect two postoperative visits within the first month after surgery.

Although complications from the manipulations performed during the postoperative visits are very rare, the theoretical risks are the same as the surgery itself. Consent for surgery includes consent for postoperative care, since the surgery and postoperative care are so closely related. Adhering to the postoperative regimen is strongly advised to maximize the chance of success of your surgery.

### What can I expect to experience during the postoperative visits?

You can expect some bleeding from your nose for several days after the surgery and again after each office debridement. When bleeding occurs, you should tilt your head back while sitting up, and breathe gently through your nose. If bleeding persists for an extended period of time, please call the office.

As the sinuses begin to clear themselves, you can expect to have some thick brown drainage from your nose. This is mucus and old blood and does not indicate an infection. This will usually subside within two weeks after surgery.

You may experience some discomfort postoperatively due to surgical manipulation and inflammation. Take your pain medication as directed. Often extra-strength Tylenol is sufficient. **You may wish to take medication for pain prior to your postoperative visits (particularly early on, when the nose is most sensitive).** If the medication is sedating, be sure to have someone available to drive you.

### Important Instructions for the Postoperative Period

- Start your nasal irrigations on the day after surgery. You will be given instructions on how to perform the irrigations.
- Do not blow your nose for two weeks after surgery. (Occasionally, you will be given instructions not to blow your nose for longer periods of time.)
- Do not bend, lift, or strain for two weeks after surgery. These activities will promote bleeding from your nose. You should not participate in rigorous activity until healing is completed and your physician has cleared you for routine activity.
- Do not suppress the need to cough or sneeze; instead, cough or sneeze with your mouth open.
- Do not take aspirin and nonsteroidal anti-inflammatory drugs (ibuprofen, naproxen, Advil, Motrin, Aleve, others) for a full 7–10 days after surgery.
- Take your prescribed antibiotics as directed by your physician.



- If you are taking blood-thinning drugs (Coumadin, Plavix) on the recommendation of a physician, please ask your physician about the best time to resume these medications.
- In general, you may resume other medications on the day after surgery. If you have any questions, please ask your physician.
- Please call us immediately if you note fever (temperature above 100.5° F), clear watery drainage from your nose, changes in your vision, eye swelling, worsening headache, and/or neck stiffness.

Do not hesitate to contact our office for any questions or for any possible emergency situation (214-645-8898). If necessary, do not hesitate to go to the emergency department nearest you for immediate care.

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