



## **POST OPERATIVE INSTRUCTIONS FOR FUNCTIONAL ENDOSCOPIC SINUS SURGERY (FESS)**

Sinusitis is a painful and distressing condition that occurs when the nasal and sinus passages are blocked by mucosal thickening from allergy, infection, polyps, or trauma. This can lead to nasal obstruction, facial pain, headache, discoloured mucous and a loss of smell sensation.

Endoscopic sinus surgery may provide effective treatment to people with sinus problems that haven't improved with medical management. The aim is to open the passages from the sinuses into the nose to restore normal ventilation. The operation normally takes 1-2 hours.

At the end of the operation, we usually use dissolvable nasal packing in the nasal and sinus cavities. The sensation of nasal obstruction may be relieved after removal of the dressing, but the final outcome will not be seen until the sinuses have fully healed after a few weeks.

You will be given scripts for medications, including antibiotics, pain relief and nasal spray. Following sinus surgery, the nose is often crusty, which can delay healing. The use of saline nasal spray (FESS or FLO) or a saline nasal wash are very useful to relieve this and help promote healing. Some patients may have a different nasal spray prescribed (Pulmicort) and special instruction will be given for its use. You should not expect any bruising post-operatively, but it is common for patients to experience headaches; please notify your surgeon if the headaches are severe or if you experience any vision problems. Nose blowing should be avoided in the first 72 hours, but even then should be gentle. We recommend opening your mouth whilst sneezing in the first post-op week.

Infection post-operatively is uncommon, but you should contact your surgeon if you have fevers for greater than 24 hours, an increase in swelling or redness around the nose, increased pain and tenderness not controlled by pain medication, or persistent nasal discharge.

Blood ooze from the nose may occur for the first 24-48 hours. It is important to refrain from using aspirin, ibuprofen or diclofenac as these medications promote bleeding. Also avoid bending, lifting and straining for a week, as these activities can increase the risk of bleeding. It is also important to avoid dusty, smoky, or dirty environments during the post-operative period. Most people will be able to return to work with 10 days following sinus surgery, please inform us if you will require a medical certificate.