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Post Operative Instructions for Sinus Surgery

Functional Endoscopic Sinus Surgery (FESS) is a procedure to open and drain sinus passageways and to remove diseased tissues from that area. Septoplasty is an operation done inside the nose for the removal of septal spurs or septal deviation while maintaining the structure and appearance of the outside.

Sinus Surgery either alone or with Septoplasty (nasal septal straightening) requires about a week to two weeks for recovery. The secrets to a quick recovery are: resting, cleaning the nose, good pain control and communication with the office for any problems or questions.

Pre-operatively

Please avoid all forms of aspirin, alcohol, and herbal products for one week prior to the procedure

What to Expect:

1. Nausea – Nasal procedures are usually very nauseating as the patient will frequently swallow some blood during the procedure. Immediately after the procedure, stick to clear liquids. After a few hours, you may increase the diet as tolerated.
2. Nasal congestion – Cleaning the nose with peroxide on a Q-tip or rinsing the nose with a nasal saline (i.e. – Simply Saline) will help with this. Start saline nasal spray 3xs daily the day of or after surgery.
3. Nasal drainage (including bloody drainage) – Upon awakening you will have a bandage taped under your nose to act as a drip pad. This may need to be changed every 30 minutes or every few hours. If bloody drainage is worrisome, increasing, or congesting the nose, you may use Afrin Decongesting Spray (oxymetazoline or neosynephrine) over the counter. This is dosed 3 puffs each nostril 3 times a day for 3 days only.
4. **Discomfort, headache, dry/sore throat, low grade fever- all are expected and will resolve quickly.**

Post-operative Care

1. Nasal irrigation or nasal washing is recommended after sinus surgery. This should start the day before the post-operative visit. This is a more rigorous washing of the nose than saline nasal spray. It will then be done 2-3 times a day until the healing process is complete. This can be accomplished by purchasing a Water Pick with a nasal adaptor, purchasing a disposable irrigation kit or purchasing a nasal Neti pot (you can find this at your local pharmacy). A nasal irrigation recipe will be given to you if you'd prefer to mix your own solution for irrigation. Please start saline nasal spray the day after surgery at least 3 times a day to keep the nasal lining moist.
 - a. **Nasal irrigation recipe:** 4 cups of distilled water (DO NOT USE TAP WATER), 2 tsp. of salt, and 1 tsp. of baking soda. Use 1 cup in bulb.
2. You will need to rest with the head elevated for the first 48-72 hours.
3. Do not blow your nose until the first post-operative visit.
4. Sneeze with the mouth open until the first post-operative visit.
5. You may resume very light activity like walking at 1 week, but will not be able to resume full activity for 3 weeks.
6. If you are hurting, please take the pain medication that was prescribed.
7. If you have any questions at all about the procedure, or your recovery, please call so we can ensure the fastest recovery possible.