

Nasal and FESS Surgery

Post-operative Information

What can you expect in the 14 days after this operation that is “NORMAL”.

- The inside of your nose will feel blocked, swollen and sensitive and your sense of smell may be temporarily affected
- Tingling and numbness in the tip of the nose and front teeth due to internal swelling
- There may be sutures inside the front of the nose. These are dissolvable and do not need to be removed. They are really small but because your nose is sensitive, they may feel relatively large. Please do not pull on these or try to remove them. This can affect the outcome of your operation
- Do not be alarmed at what comes out of your nose. Often there is dissolvable sponge like packing that when mixed with dry blood and secretions can appear very strange
- Mild to moderately severe sinus pressure headache and discomfort (particularly between the eyes).
- Thick blood-tinged mucous (clots) in the nose and throat that may persist for up to 2 weeks after surgery
- Elevation of body temperature ranging from 37.5 – 38.5 degree Celsius for 1-4 days
- Allow 4-6 weeks for internal nasal/sinus feeling to return to normal

Post-operative directions

- Arrange for transportation to take you home from the hospital
- Please do not “fiddle” with your finger inside your nose
- **Gently** apply ice packs over the nose and affected sinuses for initial 24 hours post-surgery (15 minutes on/30 minutes off)
- We recommend giving prescription pain medication every four hours for the first 24 hours, then as needed after the 24 hour period
- Start antibiotics (if prescribed) the day after surgery and continue taking for the full 7 days
- Elevate head with pillows for 2 hours at a time
- Avoid any lifting (over 7kg MAX), bending, pulling or straining activities for 2 weeks following surgery
- After 2-3 days, you may blow your nose **very gently**

It is recommended you use 2 types of applications for your nose;

1. The first is a Decongestant Spray that will make your breathing easier

- Begin the decongestant spray the day after surgery
- Do this up to 3 times per day for 1 week only post-surgery

2. The second is a saline wash bottle/douche that will give you great relief and prevent crusting and scar formation

- Begin the sinus saline irrigation the day after surgery
- Do this 2 to 3 times daily for 2 to 3 weeks

For your convenience, irrigation and spray packs are available for purchase from the Joondalup rooms

If your nose bleeds excessively, use the decongestant spray every 5 -10 minutes, sit forward and pinch the nostrils closed **AT THE FRONT OF YOUR NOSE**. Wait at least 10 minutes for the bleeding to stop. **DO NOT BLOW YOUR NOSE AFTER THIS** for a few hours, as you will dislodge the clots and restart the bleeding. If this does not help, please go immediately to your nearest emergency department

Follow-up appointment

You will have been given an appointment to see Prof Friedland for a post operative visit and review between 7–10 days after your operation