Functional Endoscopic Sinus Surgery (FESS)

Thank you for choosing the Georgia Regents Health System for your health care needs. This information is to help answer some of the questions you may have about your operation and to give you instructions to follow during your recovery period. If you have any other questions, please ask your doctor or nurse.

Activity:
1. Limit your activity for the next 24 hours. You may then gradually resume your usual activities as you feel like it.
2. No bending, lifting of objects greater than 10 pounds, pushing, active sports, strenuous exercise, or heavy household work for 1 week. You may walk and do light household activities.
3. Protect your nose from injury.
4. Do not swim for 1 month. Injuries are common when swimming.
5. You should sleep with your head elevated on 2 to 3 pillows.
6. You may plan to return to work in 1 week, or as instructed.

Wound Care:
7. It is normal for your nose to be swollen or bruised. This will gradually go away over the next 2 to 3 weeks.
8. You may go home with packing in your nose. You will be instructed when to come back to have it removed. Do not touch the packing.
9. Do not sneeze or blow your nose for 3 days. If you need to sneeze, sneeze with your mouth open. After 1 week, you may blow your nose normally.
10. You can expect to have some minor bleeding for the next 2 to 3 days. You may change the “drip pad” under your nose as needed to keep it dry.
11. Check your temperature at least 2 times a day for 48 hours.
12. It is very important that you return for your post-operative appointment so that your doctor can clear the crusts from your nose to allow for proper healing. To make you more comfortable during this examination, take a dose of your prescription pain medication when you arrive in the ENT clinic.

Medications:
13. You can expect to have some discomfort for 1 to 2 weeks. There is seldom much discomfort after the nasal packs are removed.
14. Take your prescription pain medication as directed for discomfort. Do not drive while taking your prescription pain medication. It may make you drowsy.
15. Take all of your antibiotics and/or steroids, if prescribed by your doctor.
16. You may be instructed to use Afrin Nasal Spray, 2 sprays in each nostril twice a day for 3 days. After 3 days, stop using the Afrin.
17. Do not take aspirin or over the counter medications containing aspirin.

Diet:
18. Follow a soft diet for the next 2 weeks. This could include milkshakes, ice cream, yogurt, cottage cheese, mashed potatoes, rice, pasta, creamed soups, custard, and puddings.

19. Drink plenty of fluids 6 to 8 glasses of water or juices a day.

Call your doctor if:
• you have a fever over 101.4°F
• you have pain not relieved by your prescription pain medication.
• you have bleeding that soaks through 4 to 5 drip pads in 8 hours
• you have a severe headache

Follow-up:
We will give you an appointment to return to the clinic. It is important that you keep this appointment so that your doctor can be sure you are healing and arrange any further care you might need.

If you need to talk to your doctor, you can call 706-721-3505 and ask to speak to your physician or the ENT physician on call.