



## Post Operative Care Fiberoptic Endoscopic Sinus Surgery -FESS-

- ❖ The day of surgery you may feel somewhat sleepy and tired. Relax, because you will probably feel this way until you stop all pain medications. Most patients experience a decreased need for pain medications after the first 24-48 hours. Take pain medication as directed by your physician. **DO NOT DRINK ALCOHOL WHILE YOU ARE TAKING NARCOTIC PAIN MEDICATION.**
- ❖ Following surgery, you may note various degrees of discoloration around the eyes (black eyes). Do not be alarmed, this is to be expected and will remain for about 2 weeks.
- ❖ Avoid bending over, straining, or lifting anything heavy for at least one week.
- ❖ You may resume mild exercising after 4 weeks; slowly increase your exercise level.
- ❖ You will find it more comfortable to sleep on 2 or more pillows. This will lessen congestion in your nose
- ❖ Your doctor will inform you when you can return to work
- ❖ If you smoke, you should refrain for at least 2 weeks. This will help with the healing process.
- ❖ You may bathe or shower as normal. Hot steam is good for the sinus area.
- ❖ Avoid all medications that contain Aspirin or Motrin. They will increase the risk of bleeding.
- ❖ Use Normal Saline drops (6-8 drops every 2 to 3 hours) in both sides of the nose or more often as needed to clean the inside of the nose.
- ❖ Refrain from “blowing” your nose until you have been instructed to do so from your physician. You may gently sniff if secretions need to be cleared.
- ❖ If you experience an increase in pain that is not being relieved by your pain medications, a fever of 100 degrees, or the appearance of pus in the nose, please contact the office at 910-323-9222.