

18 August 2020

Sinus Surgery

What to expect

Day 1 – Overnight some blood will ooze out of your nose. This is normal. Change the gauze under your nose if it becomes full.

The nurses will give you a saline wash bottle to use in your nose. Start this tonight or tomorrow at the latest. Using the wash bottle is as important as the surgery. After you have filled the wash bottle with water that has been boiled then allowed to cool add the salt sachet then insert the bottle into your nostril and apply pressure to the bottle. Do this with your head over the sink. A lot of the wash will come out of your nostril which is normal. Use half of the bottle on one side of the nose and half on the other side. Do this at least 4 times per day for a total of 3 months. You may be asked to add some steroid medication to your wash bottle twice a day for a few weeks to help reduce inflammation. If **Diprosone cream** is prescribed, use approx. 0.5cm of the cream mixed into the saline solution twice a day. If **Pulmicort respules** are prescribed, use one ampoule in the wash bottle twice a day.

At night – Take some pain relief when you are about to go to sleep on the first night. This will ensure that you have a comfortable sleep.

When you go to bed lie on 2 pillows with a towel over the pillows and put the gauze or nasal bolster under your nose. The function of the gauze is to catch any fluid coming out of your nose which can be very irritating to your upper lip.

Day 2 – 7 – You will feel like you have a cold during this period. You may also notice some numbness over the tip of your nose and upper lip, both of which are normal.

Further follow up – your ENT Clinics doctor will see patients who have had a FESS at 2-4 weeks and then ~2 months post operatively. At each of these visits your doctor will likely perform a nasal examination and may need to suction your nose.

If you have any concerns or change in how you feel don't hesitate to contact the office and your ENT Clinics doctor will see you in a timely manner. He and the staff are here to help and are more than happy to see you in the post-operative period.

Pain relief?

A FESS is not an overly painful operation. Most people have a feeling of fullness post operatively but don't feel they are in significant pain.

Take regular pain relief for the first 24 hours post operatively and then as needed after that.

Panadol – Take this regularly for the first 24 hours regardless of whether you are in pain or not

Ibuprofen (Nurofen) or **Celecoxib** (Celebrex) – You can take one of these medications if the Panadol is not effective pain relief for you and provided you are not allergic. We recommend you take the nurofen no more than 3 times a day and to take it during a meal as it can cause significant stomach upset.

Oxycodone (Endone) – Take this pain relief only if you are in significant pain and the other medication is not working adequately

What should I eat?

You can eat and drink anything you like provided it does not cause a rush of steam up your nose. Anything that causes steam to go up your nose may precipitate bleeding.

What are the activities I shouldn't do?

- No heavy lifting – 3 weeks
- No strenuous exercise – 3 weeks
- No blood thinning medication – 2 weeks
- No very hot showers or baths – 2 weeks

How much time do I need off work?

As a general rule most people have one week off work. You can go back to work at any time, however, you may not feel up to it for the first week.

How important is the wash bottle?

Using the wash bottle is absolutely essential after this surgery.

The wash bottle ensures that the lining of your nose recovers from the operation. You must use it at least 4 times per day and if required up to 20 times per day. You will not do any harm by using the wash bottle more than 4 times per day.

What do I do if I get bleeding?

Use a wash in your nose if you have bleeding. Sit with your head forward, mouth open applying pressure to the sides of your nose down at the tip for a total of 10 minutes. If this is unsuccessful after 10 minutes, then give yourself another wash and if the bleeding continues then please call our rooms or make your way to your local emergency department where they can contact our on call ENT Surgeon who is available 24hrs a day, 7 days a week.

After Hours Assistance

If you have any urgent post surgery concerns after hours, the on call ENT Surgeon can be contacted on: 0499 330 021.

The after hours number does not accept SMS messages, images or appointment bookings