**Instructions for Functional Endoscopic Sinus Surgery**

Functional Endoscopic Sinus Surgery (FESS) is a procedure to open and drain sinus passageways and if necessary remove diseased tissues after failing maximal medical therapy for the treatment of either reoccurring acute rhinosinusitis or chronic rhinosinusitis. FESS can be performed either alone or with other indicated procedures designed to maximize benefit such as excision of concha bullosa, reduction of inferior turbinates or even Septoplasty (nasal septal straightening). The procedure requires between one and 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, and discontinue any blood thinners according to your cardiologist instructions.

**What to Expect:**

* 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.
* Nasal congestion – Cleaning the nose with peroxide on a Q-tip, nasal saline irrigation and continued use of your nasal steroids will help with this.
* Nasal drainage (including bloody drainage) – Upon awakening you may have a bandage taped under your nose to act as a drip pad, and this can be changed every 30 minutes if needed.
* You may have discomfort in face, nose, and teeth—some swelling is normal.
* **Discomfort, neck pain, headache, dry/sore throat, low grade fever- all are expected and will resolve quickly.**

**Post-operative Care**

* Nasal irrigation or nasal washing using a Neilmed sinus rinse is recommended after sinus surgery. This should start the night of surgery along with the nasal steroid sprays.
* Rest with your head elevated for the first 48-72 hours.
* Do not blow your nose for one week. If you feel it is necessary, do so very gently.
* If possible stop (or minimize) smoking during the main healing period (approx 6 weeks)
* Sneeze with your mouth open until the first post-operative visit.
* You may resume light activity, but will not be able to resume full activity for 1-2 weeks.
* Use Afrin Nasal Spray 1 spray each nostril passage as needed if nosebleed occurs x 3 days.
* For pain use the prescribed Norco 1-2 tablets every 4-6 hours as needed for pain.
* For nausea use the prescribed anti-nausea medication as needed (Zofran 8mg tablet or Promethazine 25mg tablet) .
* Please call the office at (817)332-4060 if you have fever, pain or any other concerns