

**PERIOPERATIVE SERVICES
DAY SURGERY UNIT**
Post-Operative Instructions
Functional Endoscopic Sinus Surgery (FESS)/Polypectomy

PAIN:

Your nose may be slightly painful. Take Tylenol™ (acetaminophen) as directed as a base for pain management. Your Surgeon may have also given you a prescription for extra pain medication. Use as directed. You may use an ice pack to reduce the swelling and discomfort. **Do not use Aspirin.**

- Place an ice pack or warm compress (whichever is more soothing) on your head and/or face.
- Use the pain medication provided as needed. When this becomes too strong, switch to plain Tylenol™ (acetaminophen) as needed. Do not use Advil™, Motrin™ or Ibuprofen.
- If you have been prescribed Prednisone, please complete the course of the prescription.
- If you have been prescribed antibiotics, please complete the course of the prescription.
- All patients should be using saline irrigation (salt and water spray) 1 spray in each nostril 2-3 times daily.

OPERATIVE SITE:

You may have packing in your nose. You may have bad breath and a strange taste in your mouth. This is caused by bleeding postnasal discharge and mouth breathing. Brushing your teeth and using mouthwash will help.

ACTIVITY:

Sleep with your head elevated on pillows to ease your breathing. Get plenty of rest and drink plenty of fluids.

AVOID:

- Injury to your nose
- Straining; stool softeners may be useful
- Violent sneezing; sneeze or cough with your mouth open
- Blowing your nose for 7-10 days after your surgery
- Strenuous work or exercise for 7 days

CONTINUED ON OTHER SIDE →

NORS 889-15-11



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DIET:

Start with liquid to soft diet. Progress to diet as tolerated. Drink plenty of fluids to avoid constipation.

FOLLOW-UP:

Your Surgeon will advise you of your follow-up appointment the day of your surgery. If you are a Day Surgery patient, a Nurse from the Day Surgery Unit may call you the day after your surgery to discuss any concerns.

ADDITIONAL INFORMATION:

If slight bleeding occurs, lean forward while sitting comfortably. Firmly press both nostrils. Hold 10 minutes. A cold compress over the forehead may be helpful. If bleeding does not stop, go to the nearest Emergency Department.

It is common to have a low grade fever in the first few days after the surgery. Use acetaminophen (Tylenol™) to treat the fever.

Go to the nearest Emergency Department if you have any of the following:

- If you experience a severe nosebleed that will not ease
- If there is any change in your level of consciousness, especially if associated with water drainage from your nose or a severe headache
- If the fever does not respond to acetaminophen or if it higher than 38°C or 100.4°F and/or chills lasting more than 24 hours
- Double vision
- Bulging of the eye

Patient safety is very important to Queensway Carleton Hospital and this information is provided to patients and their families to help inform you of your essential role in your own safety.

The information contained on this sheet is not specific medical advice, nor a substitute for medical advice. For your safety, it is advised that you speak with your Doctor and Healthcare Team about your particular healthcare needs.

Protect yourself! Clean your hands frequently and ask your healthcare providers and visitors to do the same. Clean hands save lives.