

# FESS POST OPERATIVE INSTRUCTIONS



R PHILIP JUMEAU  
BBS (HON), FRACS

IN: 19 112 137 854

Cairns ENT Pty Ltd

## DIET:

You can consume a normal diet but for the first 48 hrs do not have very hot or spicy foods or hot cups of tea or coffee to minimize the risk of bleeding (warm drinks ok).

## MEDICATION:

Take pain relief as required.

Take prescribed antibiotics.

Start **FLO saline nasal rinse** the day after you leave the hospital. Use a **FULL** bottle on each side of your nose twice a day for 2 weeks.

## GENERAL:

Nose blowing can start 2 days after surgery but start out very gently. Do **NOT** blow one side at a time or compress the nostrils to blow as this generates a back pressure and can significantly affect your result. Normal blowing can commence after 2 weeks.

Your nose will be mostly blocked for the first week.

When you do start nose blowing expect a lot of thick mucous and crusting to come out.

Showers should be warm (not hot) for the first week following your surgery and you should not have a bath so as to reduce the risk of bleeding.

It is normal to have some light blood mixed with mucous come from the nose or some old dark clots come out over the first 2 weeks. Larger amounts of bright red bleeding is not normal and your surgeon should be contacted.

If a prominent amount of clear or watery discharge freely trickles from one nostril when you lean forward please contact your surgeon's rooms and make an appointment to be reviewed within the next couple of days.

Do not do any strenuous activity or exercise for the 2 weeks after your surgery. Alcohol should also not be consumed for this time period. Smoking is allowed but you should be aware that smoking has a significant effect on nasal function and healing and if possible should be avoided.

**No aircraft flight in the first 2 weeks.**

If any significant fresh bleeding occurs contact your surgeon either at the rooms (within hours) on 40510890 or after hours at the hospital where you had surgery via the switchboard for the Cairns Base Hospital on 4226 6333 or Cairns Private Hospital on 4052 5200. If it is profuse and you need to go to emergency make sure the emergency staff contact your surgeon before starting any treatment if possible. This can otherwise effect your surgical result long term.

Make an appointment to see your surgeon in the rooms 2 weeks after the surgery. This appointment may need to be at 1 week if you have had nasal septal surgery (Your surgeon will advise you of this). Please make an appointment don't just turn up. Contact 4051 0890.

If any non-urgent queries please contact the rooms on 4051 0890.