After Your Surgery

Sinus Surgery

Functional Endoscopic Sinus Surgery (FESS)

CAPITAL ENT & SINUS CENTER

What to Expect

- Some bleeding from the nose for the first few days is expected.
- Nasal pain, facial pressure, and congestion are normal. You may feel more congested than you did before surgery. This is due to swelling and crusting.
- At your first post-op visit your sinuses will be cleaned (debrided). This is necessary for healing and is the standard of care. Each insurer covers it differently; some plans apply a deductible or do not cover it, so there may be an extra charge. Check with your insurer if you have questions (CPT code 31237).

What to Do

- Perform nasal saline irrigations at least 4 times per day until your first post-op visit. A sinus rinse kit (such as NeilMed Sinus Rinse) can be purchased at any drug store. Use it with room-temperature distilled water. The more you irrigate, the less crusting will need to be removed in clinic, and the better you will heal. Use the full bottle (about 8 oz), half in each nostril.
- You may use Afrin nasal spray as needed for bleeding and nasal congestion for 3 to 5 days after surgery. Stop Afrin after 3 to 5 days.
- For the first 3 nights, sleep with your head and shoulders raised 30 to 45 degrees (wedge, pillows or recliner).
- Cold pack in a thin towel: 15 to 20 minutes on, 20 off, while awake for the first 48 hours; do not press on the nose.
- Tape a piece of gauze under your nose if there is mild bleeding. Change the gauze as needed.
- If prescribed, take pain medication, steroids, and antibiotics as instructed.
- Pain can typically be controlled with over-the-counter Tylenol and ibuprofen or Aleve, taken per the instructions on the bottle.

What Not to Do

- For 24 hours after anesthesia: no driving, alcohol or important decisions; after general anesthesia, we recommend an adult stay with you the first night.
- No heavy lifting (over 10 lb), strenuous exercise or anything tiring for 1 week after surgery, then ease back in. Walking is fine and encouraged.
- Do not blow your nose for 1 week after surgery. Do not sneeze with your mouth closed.
- For 1 week, stay within an hour of our office or an ER. Do not fly for 2 weeks after surgery.
- No smoking or vaping until your surgeon confirms you have healed.

When to Call or See the Doctor

- Changes in vision, swelling around the eye, a stiff neck, or confusion: call 911 or go to the nearest emergency room.
- Temperature of 101° F+ for over 24 hours or starting 3+ days after surgery, or 102° F+ at any time.
- Worsening headache or worsening nasal pain.
- Bleeding from the nose that does not stop, or any bleeding that worries you: call us for guidance. Severe bleeding you cannot control, or bleeding with lightheadedness or fainting: call 911 or go to the nearest emergency room.
- Clear, watery drainage from the nose, especially when you lean forward.

Questions or concerns? Call the office that scheduled your surgery. After hours, call our main number, 512-339-4040, to reach the on-call physician. For a life-threatening emergency, call 911.

Austin 512-339-4040 **Lakeway** 512-682-4798 **Marble Falls** 830-992-2830

Dripping Springs 512-339-4040

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