



Han G. Sohn
MD, FACS

Post-Operative Care and Instructions for Functional Endoscopic Sinus Surgery

You will have congestion and a deep bruised feeling around the facial area. You will be given a pain reliever to use during the first few days. It would also help to gently clean the nostrils with peroxide on a Q-tip. This removes dried blood and crust.

You will need to rest in bed with your head elevated for the first 72 hours. Nausea can be caused from swallowing blood during the operation or while in the recovery room.

Some bloody discharge from your nose is normal. Wear the folded gauze bandage (moustache dressing) below your nose for the first few days to catch any discharge. If the bloody discharge increases, you can spray some Afrin gently in your nose. Call the office immediately if the bleeding is brisk. If you cannot wait for a reply, go to your nearest Emergency Room. Please have the physician there contact your doctor immediately.

You may have liquids by mouth once you have awakened from anesthesia. If you tolerate the liquids without significant nausea or vomiting then you may take solid foods but avoid foods that require a lot of chewing or wide mouth opening. If nausea is persistent, an anti-nausea medication may be prescribed for you. Some patients experience a mild sore throat for 2-3 days following the procedure. This usually does not interfere with swallowing.

No bending, heavy lifting (over 10lbs), or straining for 2 weeks following the surgery. You should plan for 1 week away from work. If your job requires manual labor, lifting or straining then you should be out of work for 2 weeks or limited to light duty until the 2 week mark.

Do not blow your nose for 14 days after surgery. If you have to sneeze, do so with your mouth open. Walking and other light activities are encouraged after the first 24 hours. You may resume light aerobic exercise 2 weeks after surgery and full workout including weight training 3-4 weeks after surgery.

You can bathe/shower as soon as you feel well enough.

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Please call our office immediately if you experience:

- Brisk nose bleeding
- Fever greater than 101.5 degrees Fahrenheit
- Purulent discharge (pus) coming from the nose
- Severe nasal pain or headache

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