

Surgical Patient Education

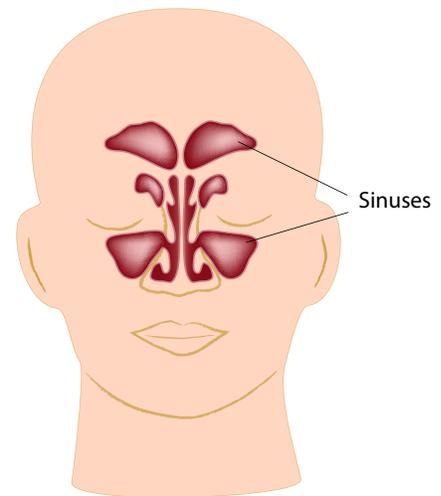
Functional Endoscopic Sinus Surgery (FESS)

What is FESS?

FESS is a surgery that uses a small tube with a light to explore the sinuses.

This surgery is often performed to look for problems or structures within the sinuses.

The surgeon may then do procedures to fix these problems or remove tissues such as polyps.



What are the Risks?

- **Infection** - FESS is low risk, but any surgical procedure carries a risk of infection.
- **Bleeding** - There is a risk of bleeding as with all surgical incisions/procedures, especially with the sinuses as there is increase in blood to that area. This risk increases depending on procedures performed with the FESS but the surgeon works to minimize bleeding as much as possible.
- **Other risks** - You can get injury to the structures around the sinuses such as the eye or brain, but this is rare.

What happens during the procedure?

- You will arrive at the hospital, and you will get an IV.
- Then, you will be taken to the operating room, be placed on monitors and watched closely. You will be put to sleep.
- After you are asleep, your surgeon will put numbing medicine around the area in the nose. Then the surgeon will insert a small tube and scope. They will perform the procedure and any necessary interventions.
- You will then be taken to the recovery room to wake up and later go back to your pre-op room to go home.
- You will not have any stitches or sutures. You will come out of the OR with nasal packing that is removed in the PACU area once your blood pressure and bleeding are under control

Before Surgery

- You may be asked to stop certain medications such as aspirin or ibuprofen, be sure to check with your surgeon's office and anesthesia to see what medications to stop.
- You will not be able to eat or drink before surgery, it is important that you follow instructions.
- Prepare to be off work for 2 days.
- You will not be able to drive for 24 hours after surgery. You will need to have someone stay with you for 24 hours and for as long as you require prescription pain medication.

After Surgery

- You will have pain and swelling in your nose. You will have a "splint" to keep gauze on your nose to catch drainage.
- You will need to keep your head elevated above the level of the heart and avoid heavy lifting for 2 weeks after surgery.
- You may shower and eat right away.
- You may be given a prescription for medication for pain, sometimes this can also be over the counter. It is important to take the medicine as prescribed and you can take it around the clock for the first two days to get maximum pain control.
- It is important that you **DO NOT BLOW YOUR NOSE** after surgery. Try to avoid sneezing. Sniffing is actually encouraged.
- Your nose will drain for the next 2 days. Notify your surgeon if the drainage increases drastically or the gauze is saturated 30 minutes after changing.

Recovery After a FESS

How long will I be out of work?

- Prepare to be off work for 2 days.
- The recovery can be up to 2 - 4 weeks for a FESS but this often does not affect going back to work.

What else is important with recovery?

- The important part of recovery is to rehydrate and make sure you are eating and drinking well.
- You will continue your nasal decongestant for **3 DAYS ONLY**, elevate your head, and avoid heavy lifting for 2 weeks.
- You will have nasal drainage for 2 days (*it should drastically decrease in 12-24 hours*), if you have to change your gauze more than every 30 minutes, notify your surgeon.
- You will follow up with Dr. Hyde the day after surgery.
- You will use a saline spray in each nostril every hour while awake after surgery.
- A room humidifier can also help keep your sinuses moist and decrease discomfort.