



Ear, Nose & Throat Consultants of North Mississippi

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Post-Operative FESS

Home Care Instructions

Diet: Start with clear liquids after surgery then progress your diet as tolerated.

Activity: DIRECTLY after arriving home from surgery, MINIMIZE activity as much as possible until bleeding has significantly decreased. No heavy lifting or strenuous activity for 2 weeks. Sleep with your head elevated, such as in a recliner, until nasal bleeding stops completely.

What to Expect After Surgery: Expect some nasal congestion for up to 2 weeks. You may also have some bloody drainage from your nose for up to 7 days. Use the nasal drip pad/gauze with tape as needed for drainage. You may experience mild to moderate pain and don't be afraid to take your pain medicine as prescribed. Do not take Aspirin for 2 weeks unless instructed to do so by our doctors.

To Keep Bleeding to a MINIMUM: If you experience any nasal bleeding, stop any activity and rest with your head elevated, such as in a recliner. Continue limiting activity until your physician instructs you otherwise. Do not blow your nose. If you have to sneeze, keep your mouth open.

Medications: You may receive several prescriptions/over-the counter instructions including:

1. Take nausea medication and antibiotics as directed (if prescribed).
2. Use 2 squirts of Afrin Nasal Spray in each nostril 4 times daily. Do not use longer than 5 days.
3. Starting the day after surgery, begin Bactroban solution rinses in each nostril 4-5 times a day while awake and continue until your physician instructs you to stop. Mix the Bactroban ointment with saline rinse as described below.

How to Mix Bactroban Solution

Put one quart of water into a pan. Add one to two teaspoons of salt. Then also add two 22 gram tubes of Bactroban ointment or one 44 gram tube. Bring to a rolling boil for at least one minute. Allow to cool. Pour the solution into a covered jar and label it. Refrigerate. It will keep for eight days.

If you have any questions after surgery, you should call the ENT Clinic at 662-234-1337, Monday-Thursday (8:00 a.m. to 5:00 p.m.) and Friday (8:00 a.m. to 1:00 p.m.). After hours or on the weekends you can call the clinic and ask to speak to the ENT on call.