

## **Functional endoscopic sinus surgery (FESS) including nasal polyp surgery**

### **Discharge Advice**

#### **Discharge Advice following Functional endoscopic sinus surgery including nasal polyp surgery**

Following the anaesthetic, you should have a light diet and avoid fizzy drinks for the day to prevent sickness. You should go straight home when discharged from the hospital and rest for 2 days.

#### **Daily activities**

It is recommended that you take 2 weeks off work following the surgery. Avoid exercise or operating heavy machinery during this time. A sick note can be provided prior to discharge upon request. It is also advised that you keep away from smoky or dusty environments and crowded places to avoid infection.

Avoid steaming hot drinks, meals and baths or showers for 2 weeks after surgery to prevent nose bleeds. It is also advisable not to blow your nose, and to sneeze with your mouth open during this period, for the same reason. You are strongly advised to stop smoking as this impairs healing and contributes to persistent nasal symptoms. Staff can provide you with support contacts in order to help you quit.

#### **Pain**

Most patients experience some nasal discomfort for the first few days after surgery. Simple painkillers taken at regular intervals, such as paracetamol, should ease the discomfort. Nursing staff will discuss medication with you prior to discharge. If the pain in your nose increases or you develop tenderness or swelling at the tip please contact the hospital or your GP for advice.

#### **Wound**

You may have a blood-stained watery discharge from your nose. Your nose will also feel blocked due to post-operative swelling. This is a normal part of the healing process and may last for up to 4 weeks after surgery. If bleeding occurs, pinch your nose carefully, lean forward and apply ice. If bleeding fails to stop after 20 minutes attend the nearest A&E department.

If you develop pus-like discharge (yellow-green) from your nose contact the hospital or your GP for advice. Crusts and scabs may develop inside your nose. Avoid picking these off as this can cause bleeding and impair healing. You may be asked to rinse your nose with salt water and staff will advise you on this and provide separate information for you take home. If you have any soluble dressing inside of your nose staff will advise you on ways to encourage this to dissolve. You may also be prescribed antibiotics, creams, sprays or drops for your nose following surgery. Your surgeon will explain this in detail prior to discharge.

## **Follow up**

You will normally need to be seen by your consultant in clinic 6-8 weeks following your surgery, unless your surgeon has told you otherwise. This appointment will be posted to you.

## **EMERGENCY DISCHARGE INFORMATION**

**09:00 to 17:00 Monday to Friday (excluding bank holidays):** Contact the ENT Treatment room on 01633 234018

**After 17:00/overnight:** Ward C0 on 01633 493926

**After 17:00/overnight (children):** Ward C1 on 01633 493609

**In the event of an emergency, attend your closest Accident & Emergency department**

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