



PATIENT INFORMATION SHEET

PRE / POST OPERATIVE CARE FUNCTIONAL ENDOSCOPIC SINUS SURGERY

DR WILLIAM MOONEY MBBS FRACS
www.drwilliammooney.com.au

PRE/POST OPERATIVE CARE INSTRUCTIONS

Contact Dr Mooney at once if you have any of the following concerns:

- Fever greater than 38.5C
- Excessive bleeding
- Excessive or increasing pain.
- Increasing redness of the skin around the incision sites
- If you are disturbed or worried about any aspect of your child's surgery or recovery.

For **EMERGENCY** please contact Dr Mooney through the switchboard of your operative hospital (after hours) or his consulting rooms at which you visited:

Bankstown: 02 9796 7007

Marrickville: 02 9569 7055

Bondi: 02 93876622

Darwin: 08 8981 7318

Further information can be obtained from:

drwilliammooney.com.au

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The aim of this procedure is to restore normal ventilation in one or more sinuses. FESS does not usually require an external skin incision, except some procedures on the frontal sinuses.

PRE-SURGERY

- **AVOID:** Smoking for 2 weeks pre-surgery. Avoid excessive alcohol, Vitamin E, garlic tablets, Ginko Biloba, Ginseng & Horse-radish all 1 week before surgery.
- **AVOID:** Aspirin, or aspirin based products such as: Ibuprofen/ Nurofen, Naprosen/Naprogescic. If you are on anti-inflammatory (e.g.Naprosyn) or blood thinning medication please advise Dr Mooney **BEFORE** surgery, these can increase the risk of excessive bleeding during and after surgery.

POST-SURGERY

- Your nose will be packed internally. This will be removed

approximately 1 week post surgery at your follow up session.

- You have been prescribed 1 week of oral antibiotic tablets-ensure you take the full course.
- You also have been prescribed 2 nasal sprays, a decongestant (Otrovin or Drixine) and a Saline (salt) spray. The decongestant spray is to be used twice in both nostrils, four times a day for 1 week. The salt water spray should follow the decongestant, 2 sprays in each nostril 4 times a day - but may also be used at other times for relief. You may take the pain medication as needed—follow the directions on the medication labels. *Do not use aspirin* or product containing aspirin or ibuprofen as they may produce a nose bleed.
- Expect your nose to be congested as if you have a cold. This is due to swelling of your nasal air passage. Do not blow

your nose for at least 1 week as this may cause bleeding. Sniff gently out if necessary. It is normal to have some bloody discharge from the nose and then brown discharge for up to 3 weeks post surgery.

- Please do not smoke as it slows wound healing. Avoid dust, smoke, fumes or anything else that may irritate the nose.
- It is common to have some swelling and bruising around the eyes, this will settle within a week or so.
- You should be reviewed at 1 week post-op or as directed. Your packing will then be removed and you may discuss any further concerns with Dr Mooney. During follow up session Dr Mooney may use an endoscope and a local anaesthetic spray to remove dried blood and crusty material from the nose. This helps to prevent blocking of the newly opened sinuses.

TIPS TO REMEMBER FOR YOUR COMFORT

- Rest as much as you can and keep your head elevated at all times. Do not lean over. Try to sleep with your head up using 3 to 4 pillows — your posture should be at a 45 degree angle.
- Gently use ice packs to reduce bruising and swelling around the eyes and cheeks. Do not apply pressure on to any area of the nose with these however.
- No work, exercise, sport or any activity likely to raise your blood pressure for the first 7 days. You may do some *gentle walking* in the second week only.
- Do not rub your nose. Protect your nose from sunburn and accidental knocks for at least 8 weeks. You may shower — but not too hot and keep the nose dry. Please refrain from wearing glasses for 2 weeks.
- Have soft foods prepared for your arrival home. Avoid spicy foods, big meals and excess alcohol as they may make your nose run & cause discomfort.
- If your nose is blocked by the packing your ears may pop or bubble when you swallow. Drinking through straws is often easiest in the first few weeks - ensure you have some at hand.