



Mr Adnan Safdar MBBS., FRCS., FRACS (ORL-HNS)

Discharge information sheet

Functional endoscopic sinus surgery (FESS)

Before leaving the ward the medical and nursing team caring for you will have checked to ensure that you have not developed any of the adverse events which, on rare occasions, are associated with your surgery. These adverse events are; nose bleeds, damage to the lining of the brain and damage to the eye.

Before leaving the ward please ensure that you:

- Have all of your personal belongings
- Have all you own medications
- Take home private X-rays/ scans
- Have a copy of your discharge summary
- Know how to recommence any medication that you stopped prior to your surgery eg : blood thinning medications
- Have any discharge medications required from pharmacy specifically requested by your doctor. If you are prescribed antibiotics, it is very important that you complete the whole course of tablets, even if you feel better
- Know when your follow-up appointment in the ENT post-op clinic should be, this appointment will be posted to your home address.
- Have your medical certificate (if applicable).

PAIN

- Pain post procedure is expected for the first 7 days; this can last up to 14 days
- You will be given pain killers to take home with you and advice on how to use them
- Do not take aspirin unless otherwise instructed by your doctor

Bleeding

- Bleeding is unlikely but can occur after sinus surgery
- Internal bleeding can cause visual disturbances. If you develop any problems with your eyes please report immediately to the nearest Emergency Department.
- If you develop nose bleed pinch the soft part of your nose for 15 minutes. This could be enough to stop a nose bleed. However, if this does not stop the bleed please go to the nearest Emergency Department.
- If you notice a clear discharge coming from your nose please present to the nearest emergency department.

- If you are alone and this happens and have no one to take you; dial 000 and ask for an ambulance.

DIET

- Before you are discharged from the ward the nursing staff will want to make sure that you are eating and drinking normally
- You will be able to resume a normal diet immediately
- If after discharge you are suffering from nausea or vomiting try to eat and drink small amounts.

ACTIVITIES

- Once you are discharged home take things easy for 2-3 days.
- Avoid heavy lifting, straining , sport, etc.
- Avoid flying for 6 weeks.
- Normal activities, work and exercise can be resume after 7-10 days
- Avoid hot showers and saunas for several days as this can increase the risk of bleeding

WOUND

- You will have a wound in your sinus area, though of course you are not able to see it.
- If you have to blow your nose do so gently, if you need to sneeze do so with your mouth open
- You will be given a nasal spray and a nasal rinse to take home with you. It is important that you use these sprays as directed. The sprays will help to keep the nose clean and free from crust.

RETURN TO WORK

- Usually one week required off work, depending on how quickly you recover.

IMPORTANT

If you experience ANY of the following please see your local doctor or attend your nearest emergency department:

- Persistent nausea and/or vomiting
- Sudden increase in pain despite taking pain relieving medications as prescribed
- If you have signs of infection such as increase in body temperature (fever), headache or offensive discharge from your nose
- Persistent bleeding from the nose.

In Case of an Emergency Mr Safdar can be contacted via the switch board at St John Of God Hospital on 03-9709 1414 or Maryvale Private Hospital on 03-5132 1200 or alternatively contact Casey Hospital, Berwick switch board on 03-8768 1200 and ask for the ENT registrar. Our Rooms Phone Number is 03-9769 3930 and we are open Weekdays 9 am to 5 pm.