



Jesse E. Smith MD, FACS

Facial Plastics and Reconstruction

Functional Endoscopy Sinus Surgery Post Operative Instructions

- Take the antibiotics, pain, and anti-nausea medication starting the day after your surgery and prescribed by Dr. Smith. You may start using your pain medication the night of surgery if you are in pain.
- You will have soft silicone nasal stents in both nostrils. These are sewn in place and will not fall out. These will be removed in the office in 7 days.
- You will also have some sterile gauze that is lightly packed around the stents. These may come out with the use of your nasal saline or you may swallow a small portion of it. This is normal and the gauze does not need to be replaced. You may throw it away.
- It is **very** important to use your nasal saline every 2 hours while awake. You can start the day after surgery. The more you irrigate your nose, the easier it will be to remove the stents. You cannot overuse the saline.
- You may have an external nasal cast in place. This will need to be left on for at least 1 week. If it should fall off, call the office immediately as it will need to be re-applied. Do not re-apply yourself as you could damage your nose.
- Pain after surgery is common and mostly occurs around the nose and upper teeth. This is normal and should be alleviated by pain medication.
- No bending or lifting greater than 15 pounds x 3 weeks. It is okay to walk, but avoid vigorous exercise until directed by Dr. Smith.
- Do not blow your nose. If you need to sneeze, sneeze with your mouth open.
- You may notice bruising and swelling under your eyes or chin, especially if you are on blood thinners or ibuprofen. This is normal and should resolve in a few weeks.
- Do not smoke. If you currently smoke or use tobacco products, you should not use these products for at least 6 weeks after surgery. Tobacco products delay healing time and can significantly compromise your surgical outcome.

Call the Office if you notice any of the following:

- A temperature greater than 100.4 degrees Fahrenheit.
- An unusual amount of bleeding that does not stop after applying firm pressure for 15 minutes.
- An increase in pain that is not relieved by taking your pain medication.
- Excessive nausea and vomiting that is not relieved by your anti-nausea medication
- If any of the above occur after our regular office hours, please call the office number and you will be directed to our answering service where an on call provider can assist you.

You will be given your follow up visit via our Klara patient communication app. Please contact via Klara with any questions or concerns.

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