

Functional Endoscopic Sinus Surgery

What is functional endoscopic sinus surgery (FESS)?

Functional endoscopic sinus surgery (FESS) is a procedure used to clear blockages from the sinuses to improve sinus problems.

What medications should I avoid before and after my child's FESS?

Avoid giving them aspirin, naproxen (Aleve®), or ibuprofen (Motrin®) for 2 weeks before and 2 weeks after surgery, unless a provider from our office tells you it's okay.

What can I expect after my child's FESS?

Your child may experience:

- Slight oozing of mucus with some blood in it from their nose
- Nasal crusting (crust forming inside of and at the end of their nose)
- Some tenderness around their nose and sinuses
- Nasal (nose) swelling
- Slight fever (temperature reading between 98.6 - 101.5° F)
- Fatigue (tiredness)

What are my child's general care instructions after FESS?

Follow these instructions until your child's scheduled follow-up visit after surgery:

- Please give them medications as directed by their provider, which might include an antibiotic or pain medications.
- **Do not let them blow their nose.** Some fluid will drain from their nose, which is normal. Use a tissue or snuffer (gauze taped below the nose to absorb draining fluid) as needed.

- Sniffing is allowed.
- Please encourage your child to sneeze with their mouth open.
- Avoid heavy lifting (anything heavier than 10-15 pounds), bending, straining, or strenuous activity (any activity that raises their heart rate and blood pressure).
- After surgery, your surgeon will tell you if you need to use saline nasal spray or saline rinses to help decongest (clear) their nose.
- Avoid places and spaces where the air is dry. It may be helpful to use a bedside humidifier.
- Clean their nose, upper lip, and the inner edge of the nostrils with hydrogen peroxide every day.
- Put ointment on the inner edge of the nostrils once or twice a day to reduce the amount of crust that forms.

When should I call the clinic?

Call the clinic if your child has any of these concerns:

- Bleeding from their nose that doesn't stop or go away
- A fever over 101.5° F that lasts longer than 2 hours
- Swelling or redness across the nose or upper cheeks
- Severe headache
- Changes in vision
- Increased pain or tenderness that is not managed by pain medication

What follow-up can I expect after my child's FESS?

We will schedule a follow-up appointment for your child about 2-4 weeks after their surgery.

What is the contact information?

If you have any questions about your child's surgery or recovery, please contact the clinic nurse by calling (734) 936-5730.

- On weekends or after 4:30 PM, call (734) 936-6267 and ask for the resident Otolaryngology doctor on call.

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