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FUNCTIONAL ENDOSCOPIC SINUS SURGERY (FESS)

You/ Your child has had FESS done. This information sheet will help you understand what you might experience in the following few days as you recover from your surgery

1. Pain – this is minimal and most patients experience blockage or pressure between or behind their eyes. Take the pain relief medications provided if required.
2. Bleeding – you may experience minimal bleeding in the first 2 to 3 days. Use the nasal tampons to soak the blood and change when necessary. You can gently blow your nose.
3. Nasal blockage – usually nasal blockage is mild unless another nasal procedure is done with FESS eg. septoplasty or turbinate reduction procedure. I will clear the blockage at the first follow up visit.

Things You Should Do

1. Take the medications that were given to you before the surgery.
2. Wash the nasal cavity if there is blockage with the Sterimar or SinusFlo provided.
3. Gently blow the nose after washing to clear clots. Don't force if you can't clear your nose. I will clean it for you at the next appointment.

Things You Should Not Do

1. Blow too hard. It could set off bleeding
2. Pick the nose or insert foreign bodies into the nose eg. tissue.
3. Swim (for at least 1 month)

If there are any queries, please email at gchee@gcheeent.com or text me at 90033419.

Prepared by Dr Gerard Chee

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