FUNCTIONAL ENDOSCOPIC SINUS SURGERY



Aster
HOSPITAL
We'll Treat You Well

Digital Version



HOW DO I CARE MYSELF AT HOME?

1. The nose will feel blocked due to post-operative swelling and can take few weeks to settle down. If prescribed, apply the nasal drops/spray as prescribed.

2. You may have a blood-stained discharge from the nose. This is normal and should settle after a few days.

3. Scabbing within the nose may occur as it heals. Do not pick this off as the area will bleed. You may have been advised to douche (rinse) the nose and the nursing staff will advise you on the correct technique.

4. For one week, avoid blowing your nose and sneeze with your mouth wide open. This will help to reduce any risk for bleeding.

5. Avoid or cut down on smoking as smoking affects the body's ability to heal and irritates the inside of the nose.

6. Avoid crowded or dusty places and people with coughs and colds as infection can be picked up in the nose.

7. If nasal splints or plasters are in place, do not touch and attend the arranged outpatients for their removal.

8. Avoid contact sports for 4 weeks due to the risk of trauma and bleeding.

9. If fresh, steady bleeding occurs, pinch the fleshy part of the nose, lean forward and apply ice to the forehead and bridge of the nose.Instructions for Nasal Douche/Cleaning (To be started from 8thpost operative day (Date: _____)

- Specialised douching bottle with sterile salt
- One Liter of lukewarm water and two sachets of sterile salt
- Add one tablespoon of salt / half spoon of baking powder
- Mix the solution thoroughly
- To be done twice a day (Morning and Evening)
- Freshly prepare the solution each time.
- Wash both the nostrils alternatively and completely in one liter of water.
- Tilt the head right and left and then bend forward to ensure complete removal of water from the nose.
- If any bleeding comes, report to the doctor.

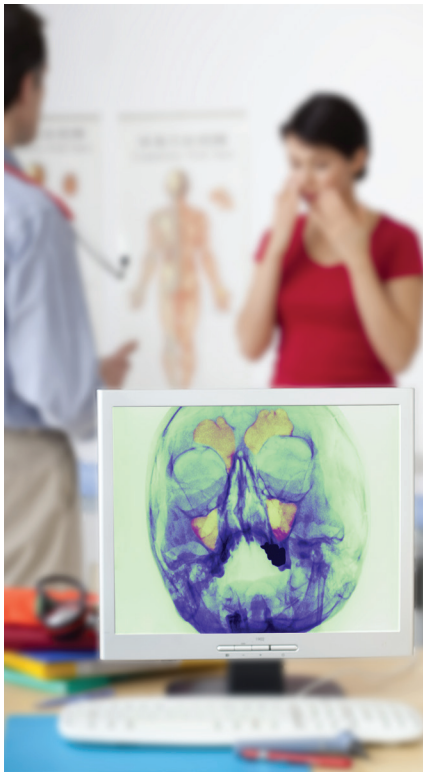
DISCHARGE MEDICINES AND FOLLOW UP

Continue the medicines as advised by the doctor. Return for follow up in the clinic with discharge summary as instructed by your doctor.

WHEN SHOULD I COME TO THE HOSPITAL?

Notify your Doctor or come to the Emergency Department of the hospital in case of:

- Fever after the day of surgery higher than 101°F
- Constant clear watery discharge after the first week of surgery
- Sudden visual changes or eye swelling
- Severe headache or neck stiffness
- Severe diarrhea
- Steady, brisk nose bleeding that doesn't get better



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PLEASE SCAN FOR
THE LOCATION

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Mankhool, Kuwait Road, Al Mankhool - Dubai

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