



Functional Endoscopic Sinus Surgery Post-Operative Instructions

Following these post-operative instructions will help ensure a smooth recovery and minimize scarring after your surgery with Dr. Kevin Caceres. Adhering to these guidelines can significantly enhance the healing process and improve the overall outcome of your surgery.

1. What to expect Post Operation:

- Bleeding or mucous: It is normal to have nasal bleeding or mucus oozing at least 2-3 days after surgery
- Frequent dressing changes: It is normal to change the gauze pad 10-15 times per hour or per day for the first few days after surgery
- Dry or congested nasal passages: Use saline sprays, 2 sprays per nostril at least 4-5 times per day for 2 weeks after surgery. It takes about 2 months for the lining of the nose to heal completely so your nose may be stuffy or runny at times until it heals completely.
- Allergies: You may still need to use allergy medication after surgery to treat the inflammation or allergies in your nose which cannot be treated by surgery.

2. Call Provider or Visit the Nearest Emergency Room:

- Severe pain that is not controlled by the pain medication prescribed
- Severe or worsening swelling and bruising
- Severe bleeding
- Eye swelling
- Vision changes or double vision after surgery
- Fevers over 100.4 degrees

3. Wound Care:

- Use saline rinses: Use saline rinses once daily starting the day after surgery. Saline sinus rinses such as NeilMed or the NetiPot can be purchased at any drug store. You will need to purchase salt packets to go in them. For each use, empty one salt packet into the container and fill it to the line with warm water. Shake to mix well prior to use. Use the entire bottle (half per side) for each use.
 1. If you cannot tolerate saline rinses, you can use saline sprays, 4 sprays per nostril at least 4 times per day. You can use these sprays as much as you would like as they are made of only salt water. The saline rinses will help to clear out any blood or mucus that may be in your nose. The saline may feel like it is not going in your nose but that is OK.
- Using Afrin: Only use Afrin to reduce nasal bleeding. Call the office to inform provider Afrin usage occurred.

4. Activity Restrictions:

- Rest and Avoid Strenuous Activities: Give your body time to heal by avoiding heavy lifting (20 lbs.), vigorous exercise, and activities that could strain the surgical area for at least two weeks post operation.
- Gradual Return to Normal Activities: Gradually resume normal activities. Most patients take about a week off work or school. Patients returning to work must avoid heavy lifting and discontinue narcotic pain medication.
- Do not drive if taking narcotic pain medication.

5. Medication Adherence:

- Pain Management: Take prescribed pain medications directed to manage discomfort without overuse.
- Antibiotics: Complete the full course of prescribed antibiotics to prevent infection.
- Other Medications: Follow instructions for any other medications prescribed, such as anti-inflammatories, anticoagulants, or antiemetics.

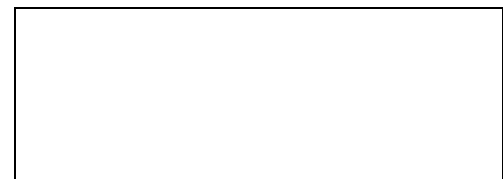
____Patient Initials

Kevin Caceres, MD

1615 Pasadena Ave South Suite 220, Saint Petersburg, Florida 33707

Phone (727) 870-3223 Fax (727) 870-4223

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6. Diet and Hydration:

- Healthy Diet: Eat a balanced diet rich in vitamins and minerals to support the healing process. Include plenty of fruits, vegetables, lean proteins, and whole grains.
- Hydration: Drink plenty of water to stay hydrated, which aids in the healing process.

7. Avoid Smoking and Alcohol:

- No Smoking: Avoid smoking, as it can significantly impair healing and increase the risk of complications.
- Avoid Alcohol: Avoid alcohol consumption for at least two weeks post operation, as it can interfere with medications and the healing process.

8. Follow-Up Appointments:

- Attend All Scheduled Visits: Keep all follow-up appointments with Dr. Caceres to monitor your healing progress and address any concerns.
- Report Complications: Contact our office immediately if you experience signs of infection (e.g., increased redness, swelling, warmth, or drainage), excessive pain, or any other unusual symptoms.

Additional Tips

- Comfort Measures: Use ice packs as directed to reduce swelling and discomfort. Elevate the surgical area if recommended.
- Clothing: Wear loose, comfortable clothing that does not rub or irritate the surgical site.
- Emotional Well-being: Take care of your emotional health by getting adequate rest, managing stress, and seeking support from family and friends.

For any questions or concerns during your recovery, please contact our office at 727-870-3223 or email us at tcent.contact@entaaf.com. We are dedicated to supporting you throughout your recovery and ensuring the best possible outcome from your surgery.

MY SIGNATURE BELOW INDICATES I HAVE READ, UNDERSTAND, AND AGREE TO FOLLOW THE POST OPERATIVE INSTRUCTIONS STATED IN THIS POLICY.

Witness Signature

Patient / Agent / Guardian Signature

Date Signed

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