

LONG-TERM POST FESS INSTRUCTIONS

- 1) Remember that long-term wellness after FESS surgery does depend again on you the patient. With the sinuses open, rinsing with saline becomes an effective tool to be used anytime you are exposed to dust, dirt, irritants, or you begin to have a cold or even an upper respiratory infection. The product “Simply Saline” is one of the better ones to use due to the absence of preservatives in that compound. Rinsing with syringe can also be done per the patient’s preference. Using saline spray is generally a good idea for any patient providing you do not get significant discomfort or swelling after rinse. There are rare patients who cannot tolerate rinsing repetitively and therefore it becomes counterproductive.
- 2) If you find yourself experiencing a period where you have significant congestion, particularly at night, over-the-counter long-acting Neosynephrine drops can be used in the given side of the nose that is congested, both if necessary for a period never to exceed more than 4 days in a row. The decongestant affect of the Neosynephrine will actually reverse if the drops are used for a longer period. If you alternate sides you can use the drops for obviously a longer course, but generally a few days will suffice to get you past the process that is causing the swelling and long-term use is never necessary.
- 3) If you have allergies and you have persistent symptoms, addressing the allergies more aggressively is often times the answer to quell any persistent issues. Immunotherapy is sometimes the best course of action in these circumstances.
- 4) Remember air quality is paramount to staying well. Forced air ventilation and enclosed systems are a problem. Getting outside fresh air circulation, limiting exposure to dry re-circulated air and humidification are all helpful measures.