

C R A I G

FACIAL PLASTIC & RECONSTRUCTIVE SURGERY OTOLARYNGOLOGY

FESS: FUNCTIONAL ENDOSCOPIC SINUS SURGERY

Having a full and successful recovery from any surgery, including FESS or FUNCTIONAL ENDOSCOPIC SINUS SURGERY, depends on a fully informed patient. The instructions and information provided below and in the booklets we provide will help you understand your post-operative experience. Please take the time to read all of this information, as your pre- and post-operative experience will be greatly enhanced. Please share this information with any caregivers.

PRE- AND POSTOPERATIVE INSTRUCTIONS

PREPARING FOR SURGERY

*****READ INSTRUCTIONS*****

- Have preoperative testing completed *at least* one week prior to surgery. (Orders are included with this packet of information)
- Stop all blood thinners (see enclosed list of medications to avoid) 2 weeks prior to and 2 weeks after surgery.
- Continue to take and use **all** medications prescribed including, but not limited to: antihistamine pills (i.e. Zyrtec, Allegra); nasal sprays (i.e. Flonase, Nasonex); nasal antihistamine sprays (i.e. Astepro, Patanase) and expectorants (i.e. Guaifenesin, Mucinex); Singulair.

Gather supplies:

- Pick up medications (as per your personalized letter included in your packet of information) from your pharmacy including Gentamycin irrigation solution from Goldsmith's Pharmacy (in our office building) **start your oral antibiotics one week prior to surgery.*
- Purchase ear bulb syringe and make sure you have an empty atomizer bottle (i.e. Astepro bottle) to use as a delivery tool for the Gentamycin irrigation solution you picked up at Goldsmith's Pharmacy.
- Transfer Gentamycin irrigation solution into the atomizer bottle to have ready for use and store remaining
- Purchase Sinus Rinse Kit: available through our office; or at selected local Walgreens or Walmart.
- Purchase nasal drip pads (oval eye pads or 2x2 gauze pads) as per instructions.
- Have a functioning vaporizer to use at home for 2 weeks during your postoperative recovery period, making sure it is clean and working properly.

DAY OF SURGERY

- NO EATING OR DRINKING PAST MIDNIGHT unless otherwise instructed by the nurses at the facility where you will be having your surgery.
- Take only approved medications the morning of surgery (i.e. blood pressure medication) with a sip of water. If there are any questions about which medications you should take please contact a nurse at the facility where you will be having your surgery. You will not need to take oral Prednisone or antibiotics the day of surgery as these medications will be given to you during surgery.

DAY OF SURGERY - CONTINUED

- Take pain medications or Tylenol as necessary, with food or on a full stomach to avoid nausea.
- “A wet nose is a happy nose” - KEEP NOSE MOIST.** Every couple of hours, mist Gentamicin irrigation spray up into the nose and apply Bactroban (mupirocin) ointment with a cotton-tipped applicator, approx. ½ in. up inside the nose on both sides. Before going to sleep for the night, combine a small amount of Vaseline & mupirocin and apply to the nasal rims and inside the nose paying particular attention to covering the stitches on the septal wall inside the nose on the left-hand side.
- Change drip pad to a clean dry pad as it become saturated. It is not unusual to have bloody discharge from the nose for 2-4 days following surgery as we do not pack the nose. The amount of drainage will gradually lessen and change color over this period of time.
- Sleep with the head of your bed elevated on several pillows or utilize recliner. Sleep in the same room as the vaporizer. This will help reduce nasal congestion and pressure.

DAY 1 THROUGH DAY 14 - AFTER SURGERY

- Resume taking oral antibiotics and approved medications (as listed previously) after eating. Take prescribed Prednisone on a full stomach and early enough in the day as to not disturb your sleep pattern, as it can tend to keep you awake if taken to late in the day. Finish all antibiotics unless instructed by Dr. Craig to stop and always take pain medications with food.
- Start the Neil-Med Sinus Rinse (see instructions), using it at least twice a day and continue for 3 to 4 weeks. You can also see if using a stronger solution (1½-2 packets per bottle) works better to decongest your nose – you can be the judge.

EXAMPLE OF DAILY CARE & MEDICATION SCHEDULE

- 1 – Start the day with Sinus Rinse to clean out the nose/sinuses. Followed by a bulb syringe irrigation of Gentamycin solution, both sides.
- 2 - Use prescription/sampled nasal sprays – waiting one minute between each type of spray.
- 3 - Apply mupirocin ointment and mist nose with Gentamycin spray bottle. (You cannot over use these two medications) The ointment should be used throughout the day, at least 5-6 times during the day. The Gentamycin mist is used all day long, at least 10 times a day...”a wet nose is a happy nose”.
- 4 - Take all AM medications AFTER eating.
- 5 - Repeat #1 & #3 in the PM or at bedtime.
- 6 - Take PM medications after evening meal.

GENERAL INFORMATION (Do's and Don'ts)

- ❖ **DO** NOT TAKE ASPIRIN, OR ASPIRIN-LIKE PRODUCTS (Advil, Aleve, Ibuprofen, etc.) OR VITAMIN E FOR A PERIOD OF 2 WEEKS BEFORE AND 2 WEEKS AFTER YOUR SURGERY.
- ❖ **DON'T** DO ANY HEAVY LIFTING OR ANY AEROBIC-TYPE ACTIVITY FOR A FULL 2 WEEKS FOLLOWING SURGERY.
- ❖ **DON'T** BLOW YOUR NOSE FOR A FULL 2 WEEKS FOLLOWING SURGERY. THE USE OF A HUMIDIFIER OR VAPORIZER FOR THE FIRST 10 DAYS FOLLOWING THE PROCEDURE SHOULD HELP RELIEVE SOME OF THE STUFFY FEELING.
- ❖ **DO** FOLLOW THE CLEANING INSTRUCTIONS FOR YOUR HUMIDIFIER. (SOME MANUFACTURERS SELL CLEANERS WHICH HELP TO PREVENT THE GROWTH OF BACTERIA AND FUNGUS. A DIRTY, MOLDY HUMIDIFIER COULD DEFINITELY HINDER YOUR POST-OPERATIVE RECOVERY.)
- ❖ **DO** SINUS RINSE IRRIGATIONS AT LEAST TWICE A DAY UNTIL INSTRUCTED BY DR CRAIG TO STOP, USUALLY ABOUT 2 –3 WEEKS AFTER SURGERY. THIS WILL HELP SPEED THE HEALING PROCESS.
- ❖ **DO** USE A MIXTURE OF BACTROBAN OINTMENT AND VASELINE IN THE NOSE *AROUND THE RIMS OF THE NOSTRILS ONLY* BEFORE YOU GO TO BED. THE VASELINE WILL KEEP YOUR NOSE MOIST LONGER THAN USING THE BACTROBAN ALONE. **DO NOT PUT THE VASELINE UP INTO THE NOSE.**
- ❖ **DO** TAKE ALL ANTIBIOTICS, PAIN MEDICATION AND STEROID (PREDNISONE) WITH FOOD ON A FULL STOMACH TO AVOID ANY STOMACH UPSET.
- ❖ **DO** FINISH **ALL** OF YOUR ANTIBIOTIC MEDICATION PRESCRIBED.
- ❖ **DO** PLEASE NOTIFY US IF YOU ARE EXPERIENCING ANY OF THE FOLLOWING SYMPTOMS:
 - ◆ EXCESSIVE BLEEDING THAT PERSISTS AFTER APPLYING PRESSURE & LYING DOWN FOR 15 MINUTES
 - ◆ A TEMPERATURE ABOVE 101°
 - ◆ ANY ACUTE DISCOMFORT NOT RECEIVED BY PRESCRIBED PAIN MEDICATION

MANAGING YOUR SINUSES AFTER SINUS SURGERY

Now that your nose is more open and your prescription nose sprays can get way up into your nose, your sinuses will function much better. You will need to continue your combination of nose sprays (steroid - i.e. generic Flonase, Nasonex, etc ; antihistamine spray - i.e. generic Astelin, Astepro, Patanase) and oral medications (i.e. Singulair, Zyrtec/Allegra/Claritin generic OTC meds) to give you the best allergy control. You will have to use these medications aggressively for 2 months after surgery until you reach wellness, as they control allergy AND reduce pre- and postoperative inflammation. After this time period, your daily medication regime can be manipulated in a customized manner. It can be manipulated seasonally or you can develop a regular approach in using your medications. You will need to figure out what works best for you.

Because your sinuses are now more accessible, using the Neil-Med Sinus Rinse whenever you would like will help relieve the effects of nasal congestion due to exposure to allergens and viruses. Trying a hypertonic solution (1½ - 2 packets instead of one) when having cold symptoms can be helpful in preventing a full blown sinus infection.

The Gentamycin irrigation solution you purchased for after surgery will be good for up to 9 months if stored in the refrigerator. After that time period, please throw it out. You will use this solution for only up to 6 weeks after your surgery so you don't develop a resistance to the antibiotic. If you start getting nasal and sinus symptoms you can use the Gentamycin first, to try and "nip it in the bud" and prevent a cold from going into a sinus infection, if you are prone to this. We will be happy to call in a prescription for this in the future to keep on hand.

If you do not have the Gentamycin irrigation solution, you can also use Ocean nasal spray (saline spray purchased OTC) with mupirocin antibiotic ointment added. Purchase a large bottle taking the top off and instilling a 1-1½ inch line of ointment into the spray bottle; reattaching the top and shaking it before spraying into the nose; 5-6 times daily. This can be done for 2-4 weeks and should be thrown out after 6 weeks. Some people use this while traveling as it can protect the nasal linings topically while on an airplane or other public transportation with re-circulated air. It can also be used in the winter time to prevent nose bleeds due to the dry, cold weather.

Combination therapy of surgery, consistently taking your allergy medications (and possibly allergy immunotherapy), infection control, stopping smoking, environmental control (pets), adequate rest, occasional check ups and watching out for exposure to illness (good hand washing techniques) will all work for you. After sinus surgery your quality of life will improve.

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GENTAMYCIN SINUS IRRIGATION

Dr. Craig has prescribed an antibiotic solution for your nose: Gentamycin combined with normal saline. (This solution is not carried by most pharmacies. We recommend you pick this up through Goldsmith's Pharmacy, located on the first floor of our office building.) By keeping this one liter bottle in your refrigerator, it will remain stable for 6 to 9 months.

The irrigation procedure is not a complicated one. There are two methods in which we irrigate the sinuses with this solution, with an atomizer and a baby ear bulb syringe. After surgery you typically use both methods.

Method #1 - Atomizer. This type of delivery is a fine mist of spray. You can use different types of bottles to spray this in your nose. An empty Astelin bottle works best because of its excellent atomizer, but you can also use a Nasacort AQ bottle or an empty bottle of Ocean nasal spray.

Spray this solution in your nose 4 to 10 times a day (depending upon what we have discussed) for at least 2 weeks or as long as we've decided that you should do this. Commonly patients use this after surgery for a month to 6 weeks. Thereafter, discontinue it. (You can't use too much of this solution but you can use too little.) Keep the small bottle un-refrigerated and carry it around with you through the day. Whatever you haven't used after 1 week's time throw out. Go back to the refrigerated bottle for your refills.

Method #2 - Baby-sized ear bulb syringe (available in the infant aisle in your local pharmacy or grocery store). To get the solution farther up into the nose you will use a baby bulb syringe. A small amount of solution is used to **irrigate your nose in the morning and in the evening after using the SinseRinse.** This gets the solution farther up your nose and with greater force which may be helpful for some patients. **Warm approximately 4-6 ounces of solution to body temperature.** (Test temperature on the inside of your wrist before using it in your nose.) You can also leave a quart container of the solution out of the refrigerator for a week's time, leaving it out at room temperature where it is easily accessible where you will use it.

Fill bulb syringe with ½ of the amount of solution...

Take a position at the bathroom sink with your head leaning over the sink, turning your head/neck to the right. Place aspirator 1/2 inch to 1 inch into your right nostril. Squeeze bulb - the solution should flow in and back out your nose. Some solution may come go into your mouth. Swallowing some of the solution is not harmful. Refill aspirator as directed above and repeat procedure on left side.

In the future, use this solution at the first sign of any sort of nasal inflammation. Sometimes you don't know whether it's a viral or bacterial or allergic inflammation, but it would always be safe to re-initiate this solution to nip a sinus infection in the bud or to prevent a viral infection from developing into a bacterial infection.

**If you have any questions regarding this info, please don't hesitate to call our office
314-567-4868.**



SINUS IRRIGATION

Dr. Craig has asked you to perform sinus irrigation at home. To "irrigate" the sinus is to rinse with solution. You will be using a solution of salt and baking soda. This procedure is helpful in the treatment of your sinus condition, to ward off sinus infection symptoms and to promote postoperative healing after sinus surgery. **The procedure is not a complicated one and can be performed as often as desired, but at least *twice daily* until Dr. Craig asks you to stop (usually two to three weeks after surgery).**

To get the maximum benefit from the irrigation, please follow the directions below. If you have any questions regarding this procedure, call our office. We will be happy to assist you in understanding these written directions.

Step 1 - Gather supplies

- 8 oz. **Sinus Rinse Bottle** – this is available through our office for \$3 (also available at some pharmacies or over the internet)
- **Sinus Rinse Packets** – 50 packets for \$7 (additional packets also available)
- hand towel

Step 2 - Prepare Sinus Rinse Mixture packets –

- fill bottle with 8 oz. warm distilled water or previously boiled water that has been warmed as described below.

You will need to warm this solution**(in bowl) before instilling in your nose; a microwave works well.

*(**this amount may vary depending upon how many times you decide to irrigate in one session)*

WARNING : TEST TEMPERATURE OF SOLUTION BEFORE USING

(It should approximate body temperature as determined by testing on the inside of wrist.)

- Pour contents of one to two packets*** into bottle. Tighten cap & tube on bottle securely, place one finger over tip of cap and shake bottle to dissolve mixture.

***** YOU MAY "PLAY" WITH USING ONE TO TWO PACKETS OF THE SINUSRINSE IRRIGATION, DEPENDING UPON WHAT WORKS WELL FOR YOU AND AS ADVISED BY DR. CRAIG.**

Step 3 - Position and Irrigate

- Take a position at the bathroom sink with your head leaning over the sink. Place Sinus Rinse bottle 1/2 inch to 1 inch into your nostril. Squeeze bottle - the solution should flow in and back out your nose. If you lean over the sink well, the solution usually will not go down the throat. Swallowing some of the solution is not harmful. Refill bottle (as in step 2) and repeat above procedure switching sides.

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