



Low Country ENT

EAR, NOSE & THROAT • HEAD & NECK SURGERY
HEARING AIDS • BALANCE TESTING

Russell Kitch, MD • Jenn Grady, MD • Jeffery Neal, MD • Julie Malka, AuD
North Charleston • West Ashley

Low Country ENT is happy you have chosen us to assist you and your family in obtaining your healthcare needs. The following packet is to help you further understand your future surgical procedure as well as the pre-operative and post-operative course. Please do not hesitate to contact us with any further questions or concerns.

You or your child has been scheduled for Functional Endoscopic Sinus Surgery.

I will be contacting you with the day, time and location of the scheduled procedure.

Please do not hesitate to contact me at (843) 863-1188 if you have any additional questions or concerns. We look forward to continue working with you to meet your healthcare goals.

Sincerely,

*DeAnna Pittman
Surgery Coordinator*



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Before you leave today, please verify **IF** you are required to undergo a Physical Exam from your Primary Care Physician and/or Cardiologist.

If you do need to get a physical, we will need a copy of the exam and pre-operative clearance faxed to our office. Fax no.: (843) 863-8286.

You are required to get pre-physical clearance and EKG from your primary care doctor if you are over 50 years old or have any of the conditions listed below:

- High blood pressure (above 140/90), which is not controlled on your current medications
- Asthma (wheezing or shortness of breath)
- A history of cardiac illness (heart attack, heart disease, chest pain)
- Sleep apnea
- Diabetes
- Pregnancy
- Taking blood thinners (Coumadin, Plavix)
- Any other serious medical condition that requires ongoing medical care

If a physical has been performed in the last year, this is acceptable unless there have been any health issues related to your heart. We also ask that you have some basic blood work performed.

If you have any other health issues, please ask us and we will address them with you on an individual basis.

You should plan on taking your medications the day of the surgery with a small sip of water. If you use lung inhalers, use them at the same time of day you do normally and bring them with you to the surgery center.



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Description of Procedure and Pre-operative Instructions: Functional Endoscopic Sinus Surgery

Description of the Procedure:

During the procedure, endoscopic cameras are used, there are no external incisions. The drainage ports of the nasal sinuses are opened using a combination of cameras and endoscopic surgical instruments. After the procedure is finished, packing will often be placed in the sinus cavities, this will either be self-dissolving or removable packing. A follow-up visit will be scheduled for one week after surgery.

Pre-operative Instructions:

1. Nothing to eat or drink after midnight the night prior to surgery. This includes water, breath mints or even chewing gum. Having food in your stomach can create a risk during surgery.
 - The anesthesiologist will call you the night prior to surgery to answer any further questions.
2. NO Aspirin or aspirin products, including ibuprofen, 1 week prior to surgery. If you take other medications, please consult your Primary Care Physician to determine if and when you should stop taking those medications prior to surgery.
3. No make-up or jewelry should be worn the day of surgery. Wear loose fitting clothing the day of surgery. Please leave all valuables at home.
4. Bring your health insurance card and insurance forms with you.
5. You will need someone to drive you home after the procedure.



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Risks & Complications of Surgery: Functional Endoscopic Sinus Surgery

1. **Bleeding.** There may be some bloody discharge lasting 2-3 days from the nose, this is normal.
2. **Infection.** Antibiotics are often given to help prevent post-surgical infection.
3. **Scarring.** While healing, scarring may form within the nose. This can usually be remedied in the office.
4. **CSF leak.** Rarely, there may be leakage of the fluid surrounding the brain, which could potentially lead to meningitis. Further procedures may be needed to fix this problem.
5. **Eye Injury.** The eyes are in close proximity to the nasal sinuses, however; this is a rare complication of sinus surgery.
6. **Other.** There may be a change in taste or smell, or numbness of the upper teeth due to this procedure.
7. **Risk of Not Undergoing Surgery.** After careful evaluation by your physician, it has been determined that surgery is your best course of action. Please note that declining this procedure may be harmful to your health.



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Post-Operative Instructions: Functional Endoscopic Sinus Surgery

1. DRESSING:

- Light red to clear drainage from the nose is normal for 3 to 6 days following surgery.
- The outside gauze dressing needs to be changed when soiled or saturated. A 2x2 gauze pad folded in half over the nostrils, held in place with a strip of paper tape, is sufficient.

2. PACKING:

- Nasal packing or splints may be used during surgery. This may be dissolvable or may need to be removed after surgery.
- Do not attempt to blow the nose with packing in place.
- It is normal to have nasal congestion, bad breath or smell a foul odor with the packing in place.

3. MEDICATION:

- Start nasal saline spray the first day after surgery, 2 sprays each nose 3-4 times per day.
- Start nasal sinus rinses once a day, Nettie Pot or Neil Med sinus rinse, the first day after surgery.
- Headache, sinus or nasal discomfort is common after surgery and you should take your prescribed pain medication for this.
 - Pain meds can give you constipation, keep hydrated and use stool softeners as needed.
- Take antibiotics, if prescribed.
- Start steroids prior to surgery, if prescribed.
- Absolutely NO aspirin or aspirin compounds, including Motrin, Advil, Aleve, Ibuprofen, for TWO weeks prior and TWO weeks after surgery. These compounds can promote bleeding.

4. DIET:

- Start with clear liquids after surgery, nausea is common after anesthesia.
- Fever is usually due to a lack of enough liquids. Encourage drinking.
- Drink plenty of water and maintain a regular diet.



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5. SINUS PRECAUTIONS/ACTIVITY:

- No bending or lifting (over 20 pounds), strenuous activity or flying for 3 weeks after surgery.
- Sneeze with mouth open.
- No nose blowing.

6. FOLLOW-UP:

- You will need to be seen at Low Country ENT for follow-up in 1 week following surgery.

First Post-Operative Clinic Appointment Instructions

- Wear loose comfortable clothing.
- Continue using nasal saline spray. You will use nasal saline for approximately 2 months after surgery.

When to Call

- Excessive, bright red blood that does not stop with pressure or Afrin.
- Persistent, excessive, clear drainage after the first week of surgery. Fever over 101°F.
- Stiffness or pain in neck or decreased alertness.
- Sudden vision changes or eye swelling.