



EAR, NOSE & THROAT CONSULTANTS OF NEVADA

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Post-Operative Instructions: Functional Endoscopic Sinus Surgery (FESS)

Saltwater Rinse for the Nose (Buffered Hypertonic Saline Nasal Irrigations):

Irrigations work by clearing out debris and crusting from the nose and sinuses. Studies show that this mixture helps the nose work better and moves mucous out of the nose faster. Irrigations will prevent scar tissue from forming and decrease the amount of discomfort with the first post-operative debridement. Start with sterile, distilled, or boiled water; **DO NOT USE TAP WATER**. We recommend using Neil Med Saline Sinus Rinse Kit (found at your pharmacy) or you may make your own recipe. Irrigation recipe: 1. Mix two heaping teaspoons of salt (we recommend using a pure salt such as canning, pickling, or kosher salt; do not use iodized table salt) and one teaspoon of baking soda (Arm & Hammer standard baking soda is acceptable) in a quart of distilled or boiled water. Some patients choose to mix an entire gallon using 8 teaspoons of salt with 4 teaspoons of baking soda in a gallon of distilled or boiled water. (If you experience any burning with the recommended concentration, decrease the amount of salt to one teaspoon per quart of water).

Irrigation Instructions:

Use the irrigation syringe, water pik, or bottle over the sink or in the shower (head down and mouth open) by gently placing it in one nostril and using a strong spray in the nose. If done properly, it will come out of the other nostril and mouth. Then switch to the other nostril and do the same. Some patients prefer to warm the solution to body temperature in the microwave prior to use. Try to avoid swallowing the saltwater rinse. Use 8 ounces per side three to four times daily. This is the minimum. If it helps keep your nose open, you can irrigate more frequently. Irrigations three times daily are required for the first 4 weeks after surgery, then once daily for another 4 weeks.

Post-Operative Visits:

In order to obtain a satisfactory result, post-operative visits are essential. If scar tissue begins to form, this can be taken care of on your routine post-operative visits. You will have two to four visits after surgery or more depending on the type of sinus disease. If you have not scheduled your first visit, please contact the surgery scheduler at (702) 792-6700.

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