

**Patient  
Information**

# Functional endoscopic sinus surgery

## Introduction

This leaflet gives you advice to follow after your functional endoscopic sinus surgery.

If you have any questions or concerns after discharge from hospital, please contact the ENT Outpatient Nurses between 8:00am and 5:00pm (the number is at the end of this leaflet). Out of normal working hours, contact NHS 111 for advice.

In an emergency, please go straight to your nearest Emergency Department.

## After the surgery

After the surgery you will return to the ward. You will need to rest in bed, as the anaesthetic might make you feel sleepy. Please do not leave the ward, as you may feel unwell.

Your condition will be monitored closely by the nursing staff and you will be given any medication needed to keep you comfortable.

The dressing on the outside of your nose (bolster) will be changed if needed. It is normal to have some ooze or bleeding as the nose has a very rich blood supply.

Avoid trying to blow your nose as this could cause more bleeding. Resting in bed will help to reduce the risk of bleeding. A heavy bleed may happen but can be treated with ice.

During the surgery, your nose may be packed with a dissolvable sponge dressing. This can make your nose feel blocked, this is expected.

While still on the ward, you will be able to drink fluids and eat light foods as soon as you feel able. Using a straw to drink may help as you might feel a bit of pressure when swallowing. This happens due to swelling or the packing inside your nose and usually settles by the next day.

To return home from the hospital, we advise that you arrange for a family member, a friend or other suitable transport to take you home after your surgery, as driving yourself is not advised.

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**GHPI1909\_06\_25**

Department

**ENT**

Review due

**June 2028**

**Patient  
Information****Discharge advice for nasal care**

- Your doctor will let you know how long you need for recovery, but in general, you should rest for 1 to 2 weeks. If you need a fitness to work note (sometimes known as a sick note) for time off work, please ask the medical staff before you leave the hospital. If a note is needed for school, please let a member of the team know.
- It is normal to have some blood-stained watery drainage from your nose following the surgery. This should stop after a few days. You may also notice scabs inside your nose as it heals. Do not pick at the scabs, as it can cause bleeding.
- If you have been told to rinse (or douche) your nose, the nursing staff will show you the correct technique to do so before you leave the hospital. This is known as nasal irrigation and should be started the day after your surgery. This is important to help reduce the blocked feeling in your nose, clear away crusts and remove pieces of the sponge dressing that was put in place.
- Your nose will feel blocked because of swelling from the surgery and it may take a few weeks to feel better. If you have been given nasal drops or a nasal spray to help with congestion, please use them as directed. You should start using the nasal drops or spray 5 days after your surgery. Please scan the QR code or visit the YouTube link below for a demonstration of how to use nasal irrigation, drops and sprays:



YouTube: UHS ENT nasal treatment demonstration

**Patient  
Information****General care advice**

- For the first few days following the surgery, avoid very hot drinks and meals. You should also avoid taking hot baths or showers.
- For 1 week, avoid blowing your nose or sneezing with your mouth wide open. These steps will help to reduce any risk of bleeding.
- Avoid contact sports for 4 weeks. This is due to the risk of trauma and bleeding.
- If fresh, steady bleeding occurs, pinch the fleshy part of your nose, lean forward and apply ice to your forehead and the bridge of your nose. A frozen bag of vegetables is a good option if you do not have ice cubes in the freezer. Avoid swallowing any blood, as it can make you feel sick. If the bleeding does not stop after 30 minutes, please go to the nearest Emergency Department, where they may direct you to the Minor Injuries Unit.

Please watch this YouTube video about how to help someone with a nosebleed by using the QR code below or by typing the wording into your web browser.



How to help someone with a nosebleed |  
British Red Cross | First Aid

- Avoid or cut down on smoking after surgery, as this affects the body's ability to heal, as well as irritating the inside of your nose. For more advice, please visit Healthy Lifestyles (HSL) Gloucestershire at <https://hlsglos.org>
- Avoid crowded or dusty places for 1 week. You should also avoid contact with people who have coughs or colds, as infection can be picked up in the nose.

**Patient  
Information****Contact information**

If you have any concerns, please contact the ENT Outpatient Nurses for advice. Out of hours, contact NHS 111.

In an emergency, please go to your nearest Emergency Department.

**ENT Outpatient Nurses**

Tel: 0300 422 8549

Tel: 0300 422 8541

Monday to Friday, 8:00am to 5:00pm

**ENT Day Surgery Unit (Mayhill)**

Tel: 0300 422 5390

Monday to Friday, 8:00am to 6:00pm

**NHS 111**

Tel: 111

**Further information**

For more information, visit the **Gloucestershire Hospitals ENT webpage** by using the QR code below or by typing the wording into your web browser.



[www.gloshospitals.nhs.uk/our-services/services-we-offer/ear-nose-throat/](http://www.gloshospitals.nhs.uk/our-services/services-we-offer/ear-nose-throat/)

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## Making a choice

### Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



### Ask 3 Questions

**To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.**

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation\* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85

<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>