



TPMG Ear, Nose and Throat Specialists

1030 Champions Way | Suffolk, VA 23435
Phone (757) 673-6118 | Fax (757) 967-9003

802 Lockwood Ave., Suite C | Newport News, VA 23602
Phone (757) 367-8027 | Fax (757) 243-8412

FESS/SEPTO/TCC - DISCHARGE INSTRUCTIONS

1. Today eat light foods (Jell-o, soup, toast). You may resume a normal diet tomorrow. No alcohol beverages for 72 hours.
2. Quiet activities for 7 days. No strenuous activity, lifting, or bending over.
3. No driving or operating hazardous machinery for at least 24 hours, or as long as you are taking narcotics.
4. You may shower starting tomorrow.
5. Change your drip pad as needed.
6. No nose blowing for 48 hours.
7. We recommend you keep your head elevated when resting.
8. Take your prescribed pain medication as directed. If you do not need anything that strong, you may use Tylenol per label instructions as needed for pain. Avoid aspirin or aspirin products.
9. You may use Neo-Synephrine (Phenylephrine) nasal spray 0.25% every 2 - 4 hours as needed to decrease nasal drainage.
10. You may use saline nose spray as often as needed. It is available over the counter at any drug store.

Special instructions: _____

Notify doctor if:

- Pain is not relieved by pain medication
- Temperature above 101°F
- Continuous nausea and vomiting (one or twice after surgery is not uncommon)
- Excessive bleeding saturating drip pad every 30-45 minutes