

adressogram

					Budesonide® 2 times a day 1 ampoule (morning and evening)																						
day before surgery					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
date																											
Headache around the eyes	0	none																									
	1	mild - occasionally																									
	2	tolerable																									
	3	very severe - constant																									
Pressure on teeth, jaw pain	0	none																									
	1	mild - occasionally																									
	2	tolerable																									
	3	very severe - constant																									
Nasal congestion	0	none																									
	1	mild - occasionally																									
	2	noticeable																									
	3	complete - constant																									
Mucus - pus when blowing nose	0	rare or never																									
	1	mild - occasionally																									
	2	a lot																									
	3	very much - constant																									
Blood when blowing nose	0	Never																									
	1	mild - occasionally																									
	2	a lot																									
	3	very much																									
Mucus during/ immediately after rinsing	0	none																									
	1	mild																									
	2	a lot																									
	3	very much																									
Mucus in throat	0	none																									
	1	mild - occasionally																									
	2	a lot																									
	3	very much - constant																									
Sneezing	0	Never																									
	1	occasionally																									
	2	often																									
	3	constant																									
Coughing	0	none																									
	1	mild - constant																									
	2	often																									
	3	severe - constant																									
Smell disturbances	0	normal small																									
	1	Slightly reduced - impaired																									
	2	noticeable																									
	3	no sense of smell																									
illness	0	good general condition																									
	1	slightly tired - washed-out																									
	2	impossible to function																									
	3	sick - bedridden																									

USE OF THE NASAL RINSE POT

Following surgery you must rinse your nose through both nostrils three times a day for three weeks. The following 7-step guide will help you perform the nasal rinse correctly.

Step 1: Take 1 litre of mineral water. Add approximately 9 grammes of table salt or sea salt. 9 grammes of salt is approximately 1 level tablespoon. If you're using 1.5-litre bottles, add 13.5 grammes of salt (1.5 tablespoons). Store the solution in the fridge. 1 litre of this solution is more than enough for 3 rinses.

Step 2: Heat up 300 ml of the solution (the amount for one full nasal rinse pot) to about 37°C. You can heat it in a pan or in the microwave in the nasal pot. A few degrees more or less is not a problem, but water that is too hot or too cold can cause irritation or pain. Be sure to check the temperature with a thermometer.

Step 3: Pour the heated solution into the nasal rinse pot (see photo).

Step 4: Sit in front of the sink and place a towel around your neck. Lean your head slightly forward (not backward) and tilt it slightly to one side (see photo).



Step 5: Place the nozzle of the pot by the upper nostril and tilt the pot so the water flows into your nose (see photo). Breathe calmly through your mouth. The water will flow out through the other nostril. If water enters your throat, you may swallow it calmly. This usually stops happening after a few rinses.

Step 6: When half the solution has passed through, switch to the other nostril. Place the nozzle by the upper nostril and tilt the pot so the water flows into your nose (see photo).

Step 7: Afterwards, you may gently blow your nose.

This nasal rinse is very important for your recovery. Following these 7 steps correctly is essential. Repeat the rinse three times a day for three weeks

Daily chart FESS-patients

adressogram

Date of the procedure: 20 . .

Medication

Budesonide®
Add 1 ampoule to the rinse water in the nasal rinse pot twice a day.

Nasal rinses

- 3 times a day using the nasal rinse pot

Daily chart entries

- score 0 = no symptoms, no discomfort, no problems

- score 1 = mild symptoms, occasional, not bothersome
- score 2 = moderate symptoms, frequent, bothersome
- score 3 = severe symptoms, all day, pronounced

Please complete the daily chart every evening.

Please bring the completed daily chart with you to each check-up consultation.

What if you experience problems?
You can always contact us during office hours on 016 33 23 54 or via the UZ Leuven switchboard on 016 33 22 11.