

SEPTOPLASTY / TURBINOPLASTY / ENDOSCOPIC SINUS SURGERY POST OP INSTRUCTIONS

Leaving the hospital

1. If you have been told that you have nasal splints in place, then please ring the office to arrange a post op appointment for removal of the splints 7 to 10 days post op.
2. If there were no nasal splints used then ring to arrange a post op appointment 4 to 6 weeks after the surgery.
3. Any medication you are prescribed, should be taken as directed on the bottle.
4. There are no dietary restrictions, although after a general anaesthetic it may be best to start with clear liquids.

Nasal Packing & Splints

Most nose operations do not require nasal packing that needs to be removed after surgery. Occasionally if packs are placed in the nose after surgery, then strings will be tied in front of the nose. The packs will then be removed before you go home. If you have been told that plastic nasal splints were inserted during your operation then please ring our office to make a post operative appointment 7 to 10 days after surgery for removal of the splints. This is done in the office and is uncomfortable, but generally not painful at all to remove.

Nasal Washing

Nasal douching (washing) is recommended after all nasal surgery for 3 months. Commence douching 2 days after the operation. Use the pump sprays or nasal douches (FLO, Sinus Rinse) 4 to 6 times per day. Vaseline around the nostril following nasal douching will reduce discomfort and skin irritation.

Precautions

1. GENTLE nose blowing is OK 48 hours after surgery. Any accumulated secretions in the back of the nose may be drawn back into the throat and expectorated if desired. This is particularly important if you develop a cold.
2. If it is necessary to sneeze, do so with your mouth open.
3. DO NOT take any unnecessary chance of catching a cold. Avoid undue exposure or fatigue. Should you catch a cold, treat it in your usual way.
4. DO NOT plan to drive a car home from the hospital. Someone should drive you home.
5. DO NOT perform any heavy lifting (more than 15 kilograms) or vigorous physical activity (including any sport or vigorous aerobic activity) for three weeks after surgery.
6. Some nose bleeding is expected after the surgery. To control this bleeding, sit up, bend the head forward and pinch the nose closed with thumb and forefinger. Holding

this position for 10 minutes by the clock will settle most bleeding down. Please contact your doctor if the bleeding does not stop.

Pain Management

- Paracetamol (panadol) 500mg tablets 2 tablets four times a day.
- Oxycodone tablets when required and as prescribed.
- If these measures are not controlling your pain then contact your anaesthetist or us at the office.

Nausea and Vomiting

While it is not uncommon to get some nausea and or vomiting after a nasal surgery it is not usually severe or long lasting. If you find you have persistent nausea and vomiting then you should contact your anaesthetist or surgeon as you may then require intravenous fluids.