

INFERIOR TURBINOPLASTY +/- SEPTOPLASTY: YOUR RECOVERY GUIDE

Going Home After Surgery

- If you have nasal splints, email reception@hillsent.com.au or your surgeon's PA to schedule removal (which will normally occur 7-14 days after surgery)
- Our office will call you to check how you're doing and discuss follow-up appointments
- Take all medicines exactly as written on the bottle
- You can eat normal foods, but start with gentle foods right after surgery
- Do NOT drive yourself home - have someone drive you

Nose Packing

- Your surgeon used dissolving packing in your nose
- This will melt away when you wash your nose and come out as a jelly-like substance or sometimes as a larger plug 3-10 days after surgery
- If you have plastic splints in your nose, the doctor will remove them at your follow-up visit (7-10 days after surgery)

Washing Your Nose (Using FLO or FESS Spray) (Children < 8yrs old)

- Nasal saline washing reduces infection and bleeding giving you the best results for your surgery.
- Start washing your nose 1 day after surgery
- Keep washing for 3 months after surgery
- Wash 4-6 times daily for the first two weeks, then 2-3 times daily
- Put Vaseline or Nozoil around your nostrils after washing to prevent soreness

Washing Your Nose (Using FLO or FESS Douche bottle) (Children > 8 yrs and Adults)

- Nasal saline washing reduces infection and bleeding giving you the best results for your surgery.
- Start washing your nose 1 day after surgery
- Keep washing for 3 months after surgery
- Wash 4-6 times daily for the first two weeks, then 2-3 times daily
- Put Vaseline or Nozoil around your nostrils after washing to prevent soreness

How to Wash Your Nose

1. Wash your hands well with soap and water
2. Fill the bottle with either:
 - a. Pre-packaged salt packets, OR
 - b. 1 teaspoon of salt + tiny pinch of baking soda in 500ml warm boiled (then cooled) water
3. Stand over a sink and tilt your head slightly forward
4. Put the tip of the bottle in one nostril, making a gentle seal
5. Breathe through your mouth while gently squeezing the bottle
6. Let the solution flow through your nose and out the other nostril or mouth
7. Repeat on the other nostril until the bottle is empty
8. Gently blow your nose to remove leftover solution

Keeping Your Wash Bottle Clean

- **Daily cleaning:** After each use, wash all parts with warm soapy water
- **Deep cleaning** (2-3 times every week):
 - Take all parts apart
 - Soak in rubbing alcohol for 5 minutes OR
 - Use microwave sterilizing bags OR

- Wash in dishwasher (top rack) if safe for dishwashers
- **Preventing germ buildup:**
 - Let the bottle dry completely between uses (very important)
 - Replace your bottle every 3 months
 - Never share your bottle with others
- **Water safety:**
 - Always use distilled, filtered, or previously boiled water
 - Never use tap water without boiling it first (this can cause serious infection)

Important Do's and Don'ts

- You can blow your nose GENTLY after 2 days
- If you need to sneeze, keep your mouth open
- Try to avoid catching a cold
- Do NOT lift anything heavy (more than 15 kg) or do hard physical activity for three weeks

Special Care After Septoplasty

- If you had septoplasty, your surgeon placed stitched splints in your nose to help it heal properly
- Email reception@hillsent.com.au or your surgeon's PA to schedule a follow-up 1-2 weeks after surgery
- Take all antibiotics prescribed while the splints are in place
- The doctor will remove splints in the office 1-2 weeks after surgery - it may be uncomfortable but usually not painful
- Taking Panadol before this appointment may help
- Don't rub your nose hard for 6 weeks
- Try to sleep on your back to avoid pressure on your nose

Pain Control

- Paracetamol (Panadol): 2 tablets four times a day
- Take oxycodone tablets only when needed and as prescribed
- If pain doesn't get better, call your doctor or anesthetist

Nausea and Vomiting

- Some nausea after surgery is normal but shouldn't last long
- For ongoing nausea or vomiting, call your doctor as you might need fluids

Bleeding

A small amount of bloody spotting is normal for up to 3 weeks

- To stop bleeding: sit up, lean forward, and pinch your nose closed for 10 minutes
- Contact the office if bleeding doesn't stop
- If the bleeding is heavy ie. more than a cupful, CALL THE AMBULANCE and ask to go to Westmead.

Warning Signs - When to Get Help

- Call your doctor if you have:
 - Fever over 38.5°C
 - Bad smell from your nose that doesn't go away with washing
- CALL AN AMBULANCE and go to Westmead Hospital if:
 - You bleed more than a cupful of blood
 - You have trouble breathing

Contact the office +612 88829477 or reception@hillsent.com.au if you have any concerns that are not covered in this sheet.