

Nasal and Sinus Surgery

Post Operative instructions

Septoplasty, Endoscopic sinus surgery, Turbinectomy

- ▶ Arrange transport home from hospital. You cannot drive for 24 hours after a general anaesthetic.
- ▶ The nose will have a blood stained discharge for at least a week following surgery.
- ▶ There should be no swelling of the outside of the nose or bruising around the nose.
- ▶ The nose may be blocked for some days following surgery. FLO irrigation will be provided to you preoperatively. Use this as instructed for at least five days. You will be instructed on this in hospital.
- ▶ An oral antibiotic should be taken as directed until the course is complete if advised by Dr Kelly. (Not necessary in every case)
- ▶ Steam inhalations should be used for five (5) days post operatively.
- ▶ Strenuous activity is not recommended for the first two weeks.
- ▶ Do not blow the nose for the first week. Use irrigation to clear secretions.
- ▶ The nostrils may be cleaned with cotton buds and hydrogen peroxide. For lubrication use Vaseline or Kenacomb ointment twice daily.
- ▶ Painkillers may be necessary. Panadol or Panadeine are usually sufficient.
- ▶ Avoid aspirin type compounds, i.e. Disprin.
- ▶ If the nose bleeds, squeeze the nostrils. If bleeding stops within half an hour no further action is needed. If bleeding persists go to the emergency department of the hospital where your operation was performed and they will contact Dr Kelly. **DO NOT** go to your general practitioner; **DO NOT** go to another hospital. Neither your GP nor other hospitals will be able to manage the problem.