



Post Operative Instructions

Nasal Surgery

Septoplasty, Turbinectomy or Functional Endoscopic Sinus Surgery

Diet

Eat light foods such as jelly or soup for the first 24 hours as tolerated. Drink as much water or fluids as you can tolerate without feeling sick.

Pain management and antibiotics

Most nasal surgery is not too painful. Take your prescribed medications as ordered by your surgeon. If pain is severe and not relieved by your prescription medication, call the office for advice.

Some pain medicine (Panadeine Forte in particular) can make you dizzy or constipated. Avoid driving if you feel affected by the medication. Laxatives from the chemist may be needed for a few days if bowel habit is a problem.

Avoid aspirin or other blood thinning medications for at least 2 weeks after nasal surgery. You may have been prescribed an antibiotic to help prevent or manage an infection. Make sure you complete the course prescribed.

Caring for your nose

Don't blow your nose for about a week. The nose will be cleansed by using saline rinses (eg. FLO). If prescribed a nasal rinse it should be used as many times a day as you feel comfortable until you see your surgeon.

If you sneeze, do so with your mouth open. The nose will feel congested for 1-2 weeks and occasionally longer. This may cause a temporary increase in snoring or bad breath. Occasionally the nose will have a foul odour inside. This is normal and saline rinses are a good way to help this. Avoid smoking before or after surgery to give your nose the best opportunity to heal and minimise bleeding. Showers should be lukewarm.

For the first few days it is important to sleep with extra pillows and when not in bed, it is ideal to sit upright in a comfortable chair. This will help with swelling and pain.

Nasal Dressings

Your nose will nearly always have some dissolvable dressing in it. These dressings are made of cellulose and are meant to turn black. They are often applied in multiple pieces so if some falls out there will generally be more inside. Sometimes the dressings dislodge and come out from the nostril and occasionally a large amount of this packing material falls out of the nose. **This is normal.** If it is bothering you it may be pushed back in or gently trimmed. It is highly variable as to when the dressings will dissolve or fall out.

Don't deliberately pull on the dissolvable dressing. It is there to prevent bleeding and promote healing.

Bleeding

A small amount of blood stained discharge is normal for the first few days after surgery. If the bleeding becomes heavier, contact the office.

Saline

Saline rinses prescribed after surgery help dissolve the soluble packing placed in the nose. 1-2 nasal rinses per day are recommended. They are best done in the bathroom or shower. Some patients prefer to use the rinses more than twice a day. This is fine.

Exercise

Light exercise such as walking is OK in the first fortnight. Strenuous exercise and heavy lifting is not recommended until your first post-operative visit (2-3 weeks after surgery).

Nasal Splints

Occasionally thin rubber sheeting is placed in the nose during surgery. This needs to be removed at approximately 1 week post op. Your surgeon will advise after the surgery if this affects you.

Time off work

1 week is generally sufficient if work is not strenuous. Occasionally 2 weeks is needed though this depends on the individual and their work environment.

If you need a medical or carer's certificate please contact your surgeon's secretary via email.

Things to report to your surgeon:

- High fever > 38.5 degrees Celcius
- Excessive bleeding that won't settle with simple measures like compressing the nasal tip and placing tissues / cotton wool in the nose
- Excessive swelling of the nose or near any incisions in the nose
- Visual disturbance or severe headache
- Persistent nausea or vomiting