

## Post-operative information **Frontal Drillout Surgery**

### WHAT TO EXPECT

- Drainage:** It is not uncommon to experience bloody and mucus discharge for 1-2 weeks after surgery.
- Congestion:** Nasal congestion is normal after sinonasal surgery and will normally within 1-2 weeks. Smell and taste may be temporarily affected after surgery until the congestion settles down.
- Bleeding** A slight ooze or short lived nose bleeds are not uncommon after surgery and can occur for the first 2 weeks. Most bleeds will self-resolve within 10-15 minutes with head elevation, ice over the nose, back of neck and in the mouth and pressure on the nostrils. If bleeding is severe or persists present to your closest emergency department for review.
- Pain:** Some people may experience headaches after frontal drillout surgery. This may be delayed and occur 7-14 days after surgery due to bone reactivity. We recommend taking regular Panadol with stronger pain relief prescribed for break through pain. 7 days after the procedure you can take nurofen if needed but please avoid prior to this time as this medication may potentiate bleeding in the immediate post-operative period
- Packing:** If packing is used it is typically dissolvable . We recommend adhering to FLO irrigations ( 1 full bottle or 200ml each side ) 4x a day until your first post-operative appointment with Professor Psaltis. This will help remove the packing and any clots making the initial debridement procedure with Professor Psaltis more comfortable.
- Stitches:** Dissolvable sutures may be used to close your septal incision. These stitches often unravel or extrude early. If you notice the stitch, do not pull on it but rather cut it flush with your skin.
- Activity:** You are likely to feel tired after surgery and this may persist for 1-2 weeks  
**Avoid any nose blowing, strenuous exercise, heavy lifting and straining for 2 weeks after surgery.**
- Diet:** Avoid hot food and drinks and hot showers for 3 days after surgery

### MEDICATIONS

Antibiotics are usually used for 10 days post-surgery. Please take all medications as prescribed.

### SALINE IRRIGATIONS

FLO irrigations will aid recovery and nasal congestion. You will be instructed on when to commence the irrigations. <https://www.youtube.com/watch?v=xodfPieoUZU>

We recommend rinsing with

- FLO CRS or FLO Sinus care dissolved in 200 ml of boiled water allowed to cool to room temperature
- **1 full bottle** (200ml) each side of the nasal cavity 4x day until your first post-op visit ( 8 bottles/day)
- Irrigations should be forceful enough to dislodge any crusts, but should not be uncomfortable or painful. If you get ear fullness or pain on washing, decrease the volume and force of the wash.

### FOLLOW UP

- Dr Psaltis will normally review you between 10-14 days after surgery .
- This visit will take 10-20 minutes and involves cleaning all the clots from the nose
- Take pain relief ( endone or panadeine forte) prior to this appointment to minimize discomfort

### Present to the Nearest Emergency Room should you develop:

- Severe Bleeding lasting > 15-20 minutes
- Eye Swelling/Reduced Vision
- Fever > 38.5 degrees chills, or shakes
- Severe Nausea/Vomiting or light intolerance

### USEFUL CONTACTS

The Memorial Hospital (08) 8366 3800  
Calvary Adelaide (08) 8227 7000

Calvary North Adelaide Hospital (08) 8239 9100  
Prof's Psaltis Rooms (08) 8410 6611 manager@entadelaide.com