

Post-operative information **NASAL/SINUS 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 persist present to your closest emergency department for review.

Pain: Sinonasal surgery isn't usually too painful. Use panadol for mild pain, with the stronger prescribed pain relief only if needed. AVOID aspirin, nurofen and advil. A clean-out of the nasal cavity will occur at the first post-op visit. We recommend taking either endone or panadeine forte 30 minutes prior to minimize discomfort.

Packing: If packing is used it will be dissolvable and dissolve with your sinus washes. Silastic (plastic) splints secured with a stitch may be used following septoplasty.

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: Avoid strenuous exercise, heavy lifting and straining for 2 weeks after surgery.

Diet: Avoid hot food and drinks and hot showers for 5 days after surgery

MEDICATIONS

Dr Psaltis may have prescribed you oral steroids, antibiotics, pain medications and irrigations. Take as recommended. If you have any questions call your Pharmacist, local doctor or call/email Dr Psaltis rooms.

SALINE IRRIGATIONS

FLO irrigations will aid recovery and nasal congestion. On the first day after surgery you will be instructed on how to use the irrigation bottle. <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
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