

ADULT AND PAEDIATRIC ENT HEARING AND BALANCE SPECIALIST

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POST OPERATIVE PROTOCOL OPERATION: NASAL SURGERY

- **HOSPITAL STAY:** You may stay overnight or be discharged the same day depending on the extent of Surgery.
- **LEVEL OF ACTIVITY:** A low level of activity is recommended. Avoid sport or strenuous activity for 2-3 weeks after the operation depending on the extent of surgery. Heavy exertion may cause postoperative bleeding.
 - o It is normal to feel symptoms that mimic a flu.
 - o A poor level of energy is common
 - o Nasal congestion and a significant amount of blood clot and bloody nasal discharge and post nasal discharge is common. Your nose will feel blocked for the first one to two weeks due to inflammation, mucous and blood clots post surgery.
 - o This will decrease week 3 to week 4 after surgery. During this time breathe through your mouth and keep hydrated.
 - o You will need to avoid blowing or rubbing your nose for the first 3-4 days, if you have to, blow your nose gently
 - o You will need to stay at home for 1 to 2 weeks after the surgery
- **PAIN:** Pain is common in the form of headaches, temporary numbness in teeth or tip of the nose or facial discomfort. Panadeine forte is generally used and provides adequate pain relief. Panadol can be used also and is effective. Do not take any Aspirin or Ibuprofen products for 2 weeks before or 2 weeks after the operation. In addition some herbal products such as Fish oil and Echinacea needs to be avoided as they may precipitate a postoperative bleed. You will be given prescription for pain relief.
- **DIET:** A normal diet is recommended. Avoid hot drinks and food for 3 days after the operation.
- **MEDICATIONS:**
 - o You will be given Post operative antibiotics for 5 days to prevent an infection.
 - o You will be given some ointment to use in your nose if you have had any septoplasty. You will need to apply this three times a day for 2 weeks to each side of our nose.

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- NASAL SPRAYS:
 - o Drixine or Oxymetazoline will be provided to be used predominantly to treat any mild to moderate postoperative bleeding. Should postoperative bleeding occur from 1 or both nostrils spray 3 to 5 sprays in each nostril to help control bleeding. Please call us if bleeding persists or is uncontrollable.
- SALINE IRRIGATION:
 - o Should be used regularly during the entire recovery.
 - o The salt water irrigation (FESS or FLO or Sinus Rinse) is to be used liberally in both nostrils for 4-6 times a day in the first 2 weeks. It may be cut down to 2 to 3 times a day thereafter depending on your recovery.
- NASAL PACKING:
 - o Generally there is dissolving packing left inside your nose. This will not need to be removed but will dissolve or come out with the saline irrigation.
 - o Occasionally there may be required and you will be notified of their presence should there be more significant packing used.
- POST OP REVIEW: You will need to see your surgeon 3 weeks after surgery .
- Please call the rooms if you have any questions after surgery