

ADULT AND PAEDIATRIC ENT HEARING AND BALANCE SPECIALIST

A. Prof Payal Mukherjee

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entcaresydney.com.au

POST OPERATIVE PROTOCOL OPERATION: NASAL SURGERY

HOSPITAL STAY: You may stay overnight or be discharged on 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. Heavy exertion may cause post-operative bleeding.

- It is normal to feel symptoms that mimic a flu.
- A poor level of energy is common.
- Nasal congestion and a significant amount of blood clot, bloody nasal discharge and post-nasal discharge is common. Your nose will feel blocked for the first 1-2 weeks due to inflammation, mucous and blood clots post surgery.
- This will decrease week 3 to week 4 after surgery. During this time breathe through your mouth and keep hydrated.
- You will need to avoid blowing or rubbing your nose for the first 3-4 days, if you have to, blow your nose gently.
- You will need to stay at home for 1 to 2 weeks

DIET: A normal diet is recommended. Avoid hot drinks and food for 3 days after the operation.

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.**

MEDICATIONS:

- You will be given a prescription for pain relief such as Panadeine Forte or Endone to take along with regular Paracetamol.
- You will be given post-operative antibiotics for 5 days to prevent an infection.
- You will be given some ointment to use in your nose if you have had a Septoplasty. You will need to apply this 3 times a day for 2 weeks to each side of your nose.

NASAL SPRAYS:

- 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.



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SALINE IRRIGATION:

- Should be used regularly during the entire recovery.
- The saltwater irrigation (FESS or FLO) 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:

- Generally there is dissolvable packing left inside your nose. This will not need to be removed but will dissolve or come out with the saline irrigation.
- Occasionally there may be more significant packing required and you will be notified should this be the case.

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.