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POST-OP INSTRUCTIONS FOLLOWING NOSE AND SINUS SURGERY

WHAT TO EXPECT:

NASAL CONGESTION: It's very common to feel very congested after nasal surgery. It often feels like you have a cold or attack of sinusitis. Normally this settles within 5-7 days. During this time it is also common to experience intermittent ear blockage due to mild congestion around the eustachian tubes. You will be prescribed a nasal decongestant spray (E.g. Drixine) which will help to reduce the post-operative congestion.

BLEEDING: Minor intermittent bleeding is quite normal for the first 3-5 days after surgery. Occasional blood-stained mucous dripping down the back of the throat is also common. While brisk continuous bleeding is uncommon if it does occur you can try some simple measures:

1. Squeeze the nostrils closed gently and hold for 10-15 minutes.
2. If the bleeding continues then try Drixine 2-3 sprays up each nostril and compress nostrils again.
3. If bleeding continues despite compression and Drixine then you should make your way to the nearest major hospital emergency department.

TIREDDNESS AND FATIGUE: are very common in the first week after any form of surgery. It is best to plan to have a week off work after surgery and if you wish to return to work sooner please discuss this with Dr Bova.

FLYING: It is recommended that you do not fly for at least 4 weeks after surgery to minimise the risk of having a post-operative nose bleed while on an aircraft.

BEST TO AVOID:

- ❖ Strenuous physical activity such as exercise for at least 2-3 weeks after surgery. Going about your normal daily activities is fine.
- ❖ Nose blowing for a couple of days. After 2 days you can start to blow your nose very gently. When sneezing you should do so with your mouth open so that excess pressure is not transmitted up into your nose and sinuses.

POST OPERATIVE APPOINTMENT: It is important to ensure that you have a post-operative visit with Dr Bova approximately 1-2 weeks after surgery.

IN AN EMERGENCY: *If you have any concerns after surgery you can contact Dr Bova in his office on 83826090.*

AFTER HOURS: *You can contact Dr Bova or his ENT registrar at St Vincent's Public Hospital on 8382 1111*

MEDICATIONS:

You will be instructed on the medications/pain relief to take after surgery.

These may include the following:

- ❖ Oral antibiotics
- ❖ Nasal decongestant sprays (Oxymetazoline). These are over the counter sprays that can be purchased at any pharmacy (Drixine, Otrivin Sinex). 2-3 sprays three times a day will help to alleviate the post-operative congestion and also help minimise post-operative bleeding. They can be continued for 5 days after surgery.
- ❖ Saline nasal irrigations. Nasal saline irrigations help to remove post-operative crusting and blood clots. It also helps to improve mucous flow in the sinuses. Salt water irrigations are both safe and natural. It's best to use salt water irrigations at least three times a day. It is also recommended that you use saline 30 minutes after using Drixine.
- ❖ Salt water can be made up easily by mixing three teaspoons of sea or rock salt in a litre of boiled water. This can then be used to fill up your nasal irrigation bottle as often as is required. You can also purchase boxes of salt sachets if you wish.