



SYDNEY ENT HEAD & NECK

NEWTOWN

Suite 7, 155 Missenden Rd NEWTOWN NSW 2042

CROWS NEST

Suite 211, 300 Pacific Highway CROWS NEST NSW 2065

SEPTOPLASTY AND INFERIOR TURBINATE REDUCTION and/or SINUS SURGERY POST OPERATIVE INSTRUCTIONS

- The lining of your nose will swell after your surgery and it may feel blocked for at least 2-3 weeks
- Discomfort in the nose is expected after your surgery. For pain relief: take Panadol OR Panadeine Forte +/- Brufen as prescribed (**DO NOT** take aspirin due to the increased risk of bleeding)
- You can eat and drink what you like
- Antibiotics are commonly prescribed to reduce the chance of infection. Please take your full course of antibiotics as prescribed
- You can use a nasal decongestant spray (**Otrivin or Drixine**) 1 spray twice daily for up to 5 days then cease
- Irrigation of your nose with a Saline-Bicarbonate nasal irrigation is critical for your post-operative recovery
 - Purchase a nasal irrigation bottle (**Flo Sinus Care** or equivalent)
 - You can either purchase more sachets or make the solution cheaply yourself by making a mixture of equal parts of cooking salt and Baking soda (use 1 teaspoon of the mixture per bottle filled with boiled tap water (allow to cool))
 - With your face over a sink, hold your breath and flush each nostril with saline irrigation 3-4 times per day
 - Continue this for *at least* 4 weeks or as instructed
 - If the irrigation is too salty then dilute with extra boiled water
- A small amount of bleeding from the nose is to be expected. If there is significant bleeding then administer to both sides of the nose 3-4 sprays of a nasal decongestant spray (Otrivin or Drixine), lean forward and pinch the soft part of your nose for 10 minutes. If the bleeding is heavy and persists then please go to your nearest major hospital Emergency Department to be assessed
- Only very gently blow the nose. Hard nose blowing is best avoided and try to sneeze through your mouth
- You may return to work when you feel well enough (generally after one week). Strenuous exercise, heavy lifting and flying must be avoided for 2 weeks after your surgery

Follow Up

- An appointment will be sent to you to be seen in the rooms in 3-4 weeks

Contact details for both Newtown and Crows Nest ENT Specialist Clinics

P 02 8355 7940

F 02 8078 4408

E contact@sydneyent.com.au