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POST OPERATIVE INSTRUCTIONS

Septoplasty, Turbinoplasty and Sinus Surgery

Things to Expect & Do:

Pain: You may have some discomfort following the procedure. This can be an 'ache' in the nose, 'pressure' in the face or a headache. This typically lasts up to 7 days. It is important to take pain relief if required.

Nasal Discharge: It is normal to have blood stained mucus coming from the nose or running into the throat. This will gradually subside. It is important to gently flush or rinse your nose with saline douches at least 3 times daily. Try avoid blowing your nose heavily.

Eating & Drinking: There are no dietary restrictions. You can eat a normal diet.

Work/School: Generally 1-2 weeks off work/school. Avoid strenuous exercise or activities.

Medications to take:

Analgesia (Pain relief): Take pain relief as prescribed. This will generally consist of regular paracetamol and endone if required. If this is providing inadequate analgesia let me know so I can adjust your medications.

Antibiotics: You may or may not have been prescribed antibiotics depending on the circumstance. Take as directed.

Steroids: You may be prescribed steroids for up to two weeks.

Sinus Douches/Rinses: You should gently rinse you nose with a sinus rinse bottle 3 times daily.

Other Medications: Depending on the procedure additional medications may have been prescribed. These may include nasal ointments. Take as directed.

What to look out for:

Bleeding: I will have discussed the risks of bleeding with you prior to the procedure. Blood stained mucus can be present and expected during the recovery period. If you have a large and ongoing nose bleed you should compress the front of your nose & hold it for 15 min. If it has not subsided contact me but you will likely need to go to your nearest major hospital.

Fevers: Isolated fevers can occur post-operatively. If these normalize with the paracetamol and you are otherwise well there is generally no concern. If the fevers persist, you get a severe headache or you are worried, please contact me.

Nausea & Vomiting: This typically occurs in the 1st 24 hours following the operation and is often related to the anaesthetic drugs. It should resolve/settle. If ongoing it may be a side effect of the pain medication.

Emergency Contact
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For non-urgent or general enquiries please call
the rooms where you were seen