

Southeast ENT Clinic

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POSTOPERATIVE INSTRUCTIONS FOLLOWING NASAL CAUTERY

Dear Patient/Carer:

Please read this document carefully as it contains important information that complements the instructions given by Mr Hurtado during your recent surgical admission.

Medications:

You should receive an antibiotic ointment, nasal spray and analgesics before you leave the hospital; or receive a script before you leave the medical practice.

First, apply the nasal spray in both nostrils. Then, apply the antibiotic ointment on the cauterized nostril, under the nasal alae; then, gently press so the ointment spreads against the septum.

Apply the ointment carefully with your fingertip only. Do not apply it directly to the septum since this may cause further trauma and bleeding.

Use analgesics as required to control any postoperative pain.

Wait 2 weeks from your surgery before restarting the intake of fish or krill oil. Please ask Mr Hurtado when to restart any other blood thinner drug (ie, Aspirin, Warfarin, etc.).

Attend your nearest Emergency Department or local GP clinic:

In case of epistaxis (nose bleed), fever or severe pain that doesn't respond to the prescribed analgesics. Mr Hurtado would be keen to provide advise to your doctor over the telephone if required.

Physical activity considerations:

During the first 72 hours:

Avoid steam, hot drinks and showers (warm is fine), as this may cause a nose bleed (epistaxis).

During the first week:

Do not blow your nose. Gently dab with a tissue any nasal discharge. It is normal to experience nasal obstruction during this period. It is normal to observe bloody stained secretions for the first couple of days.

During the first two weeks:

Have relative rest and avoid lifting heavy objects. You/your child may now restart all previous levels of physical exercise (including sports).

Further aftercare appointment

Mr Hurtado will advise if you need any further review at our practice. If not, routine follow up should be arranged through your local GP

Do not hesitate to contact us if you require any further information regarding these instructions.

SouthEast ENT clinic