

Southeast ENT Clinic

Epworth Berwick Specialist Centre
48 Kangan Drive, Berwick, VIC 3806
Ph (03) 8768 4250 Fax (03) 8768 4255
Email: admin@southeastent.com.au



POSTOPERATIVE INSTRUCTIONS FOLLOWING NASAL SURGERY

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 prescribed oral antibiotics, analgesics and a nasal saline irrigation package before you leave the hospital. The ward nurses will explain to you how to use these products before you are discharged. Please follow the medication instructions carefully and consult your healthcare professional if you have any questions about them.

Regular nasal saline irrigations must be started the following morning after your surgery. Perform 1 douche on each nostril, three times a day, for the first three weeks. Then twice a day for one or two weeks afterwards (or as instructed by Mr Hurtado on your next appointment). You can buy refill sachets at any pharmacy without prescription.

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 bleeding, fever or severe pain that doesn't respond to the prescribed analgesics. Mr Hurtado would be keen to provide advice to your doctor 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). Please sleep on your back and keep your head elevated by using 2 or 3 pillows.

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. Avoid bending over. If you need to pick up objects from the floor, do so by bending your knees and keeping your head up if possible.

During the first four weeks:

You may now restart slowly all previous levels of physical exercise (including sports). During this period, Mr Hurtado recommends you to avoid taking flights.

On your postoperative appointment

Mr Hurtado may remove any internal nasal sutures and clean your nasal passages. Your care will return to your local GP afterwards.

We will confirm the time and date of your post-operative appointment soon. Do not hesitate to contact us if you require any further information regarding these instructions.

SouthEast ENT clinic