

## Nasal & Sinus Surgery

### **Leaving the hospital:**

1. If you have not already been given a postoperative appointment, please ring our office and arrange a visit for approximately 2 weeks after surgery.
2. Any medication you are prescribed, should be taken as directed on the bottle.
3. There are no dietary restrictions.

### **Precautions:**

1. GENTLE nose blowing is ENCOURAGED from 24 hours after surgery, as this helps clear secretions and crusting. You may notice old blood and mucous and sometime tissue that looks like a slug can be blown from the nose.
2. DO NOT take any unnecessary chance of catching a cold. Avoid undue exposure or fatigue. Should you catch a cold, treat it in your usual way.
3. You may get a certain amount of discomfort after the surgery, but it is easily controlled with tablets.
4. DO NOT plan to drive a car home from the hospital. Someone should drive you home.
5. You should not perform any heavy lifting (more than 5Kg) or vigorous physical activity for 2 weeks.
6. Some nose bleeding is expected after the surgery. To control this bleeding, sit up, bend the head forward and pinch the nose closed with thumb and forefinger. Holding this position for 10 minutes by the clock will settle most bleeding down. If the bleeding does not stop with this method then please contact your doctor.

### **Nose care:**

Following the surgery, nasal oil drops and sprays should be used three to four times a day. This helps to keep the nose moist, to keep the airway open and promote healing. Following discharge from hospital, the nose should also be irrigated at least twice daily with a salt water solution, please see instructions. There may be crusts (dry mucus or old blood), that come away from the nose. This is part of the normal healing process. Sometimes sutures may be visible inside the nose, these dissolve and should disappear within one to two weeks.

### **Pain Management:**

Paracetamol (Panadol) or Painstop / Panadeine (both available from the chemist) are usually all that is required. Pain usually settles within 3 to 4 days. If these measures are not controlling your pain then contact your anaesthetist or us at the rooms.

### **Nausea and Vomiting:**

While it is not uncommon to get some nausea and or vomiting after surgery it is not usually severe or long lasting.

If you find you have persistent nausea and vomiting then contact your anaesthetist or the rooms.

### **RHINOPLASTY ONLY**

You will have a plaster on the nose for one week following a rhinoplasty operation. The plaster will then be replaced by some paper tape for a further ten days. During this time it is important not to wear any spectacles or sunglasses as excessive pressure on the nose is to be avoided at all costs while the bone repairs. After removal of the dressings the skin of the nose is very sensitive to sun and wind and a protective Factor 15+ sunscreen should be applied at all time when outdoors.

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## Nasal Irrigation

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A number of proprietary products are now available from Pharmacies for nasal saline irrigation e.g. Sinus Rinse (NeilMed), Sinu Clense (Paedpharm). Alternatively, the following instructions can be used.

### **SALINE SOLUTION (To refill bottles and sprays)**

Use 500ml Boiled water

Dissolve 1 teaspoon of non-iodised salt (rock salt from the supermarket)

Add 1 teaspoon of baking soda (Bicarb Soda).

2<sup>nd</sup> week use 2tsp salt and increase to 3tsp in the 3<sup>rd</sup> week if tolerated.

Store solution in covered container up to 1 week at room temperature.

Nasal saline irrigation should be performed at least twice a day and a spray can be used in between to keep the nose moist.

### **METHOD 1**

Wash your hands.

Lean over the sink with your head down and turned to the side.

Use a bulb syringe (or plastic sauce bottle available from the supermarket) and fill completely with the saline solution.

Insert the bottle tip just inside your lower nostril.

Mouth breath or hold your breath with mouth open.

Gently squeeze the bottle and release several times to swish a large volume of solution into your nose.

Blow your nose lightly.

Repeat the procedure for the other nostril.

### **METHOD 2**

Wash your hands.

Pour some saline solution into your palm, and then sniff the liquid up your nose, one nostril at a time.

Blow your nose gently.

### **METHOD 3**

Wash your hands.

Use an atomiser spray pump. Fill with saline solution. Vigorously spray saline into nose to deliver a large volume to wash, not just wet the nose.

### **CLEANING THE EQUIPMENT**

It is important to thoroughly clean the equipment to prevent the growth of bacteria. After each use fill the syringe or bottle with hot water, swish the hot water around and empty the bottle completely. Always stand the bottle tip down in a clean glass to allow for complete drainage. Once a day, draw white vinegar into the bottle, swish around and empty.

- Containers can be sterilised by placing in microwave for 1 minute on high with a small amount of water to generate steam.

- This can be done once a week to prevent infections.