

POST-OPERATIVE INSTRUCTIONS

FUNCTIONAL ENDOSCOPIC SINUS SURGERY

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How does sinus surgery work?

- Sinus surgery opens the small holes that drain the sinuses. After the operation the sinuses are well ventilated and mucus no longer accumulates within the sinuses

What can I expect after the operation?

- A little blood coming from the nose for 1-2 days after surgery is not unusual
- You may also spit out dark blood for some time after the surgery
- As with any operation it is normal to get some swelling. An inability to breath through the nose for 1-2 weeks after surgery is normal
- **Bleeding is the most common complication after this operation and can occur any time in the two weeks after surgery**

What medications will I be given after surgery?

- Antibiotics for 1 week
- Pain relief (this operation is not particularly painful however)
- Salt water rinses
 - This keeps the nose clean and free of crusts, improving healing
 - Use it 4 times a day after surgery until your first follow-up appointment
 - If the rinses don't work because the nose is blocked, try using a nasal decongestant (Otrivin/Drixine) before washing

****Do not use these for longer than 5 days****

What should I avoid?

- **Blowing your nose.** Wipe with a tissue if there is discharge or flush with saline if blocked
- Very hot meals, drinks or baths
- Heavy lifting, straining, strenuous exercise
- Sneeze with the mouth open to prevent the blast releasing through the nose

What happens if I have bleeding?

- Sit up, spit out any blood and squeeze the soft part of the nose for 5-10 minutes
- Chew on some ice
- If the bleeding does not settle within 5-10 minutes call me to seek urgent medical advice or call an ambulance to take you to your closest emergency department

What are the signs of infection?

- If the pain is getting worse not better
 - If you develop a temperature
 - Foul-smelling yellow or green discharge from the nose
 - Any swelling around the eyes
- **You should report any of these symptoms to me****

When do I have follow-up?

- Your first appointment will generally be around 2 weeks after surgery when I clean the nose out fairly extensively

If you have any problems please contact me on 0413 310 971 or 7200 2539.
Please note the mobile number is **only** for use during the post-operative period



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HOW TO CARE FOR THE NOSE AND SINUSES AFTER SURGERY

- A regular regime for flushing the nose and sinuses is critical to achieving the best result after surgery
- If dry blood and other tissues are not removed effectively from the nose then complications may arise
- Regular nasal rinses are imperative for 4-6 weeks after the surgery

How often do I need to rinse the nose?

- **Before the operation**
 - o Once or twice a day for the week prior to surgery
- **Immediately after the operation**
 - o 4-5 times a day until your first post-operative appointment
- **After your first post-operative appointment**
 - o Usually reduce the frequency but we will discuss this based on how the healing inside the nose is going

HOW DO I WASH OUT THE SINUSES EFFECTIVELY?



Step 1

- Wash your hands
- Fill the clean bottle with 200mL lukewarm pre-boiled water



Step 2

- Cut the sinus rinse mixture packet at the corner and pour its contents into the bottle
- Tighten the cap and tube onto the bottle securely
- Place one finger over the tip of the cap and shake bottle gently to dissolve the mixture
- Try not to swallow the solution



Step 3

- Stand in front of a sink and bend forward, tilting your head down
- Keep your mouth open and place the cap snugly against your nasal passage
- Squeeze the bottle until the solution starts draining from the opposite nasal passage
- Keep squeezing the bottle until about ½ of the bottle has been flushed into the nose
- Repeat the same procedure for the opposite nasal passage

How do I wash and maintain the sinus rinse bottle?

- Use filtered, distilled or previously boiled water
- Wash the bottle in soapy water, rinse and air dry after each use
- Replace the bottle every 3 months