POST-OPERATIVE INSTRUCTIONS
SEPTOPLASTY +/- INFERIOR TURBINATE REDUCTION

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
  o 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
  o 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
HOW TO CARE FOR THE NOSE 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**
  - Once or twice a day for the week prior to surgery
- **Immediately after the operation**
  - 4-5 times a day until your first post-operative appointment
- **After your first post-operative appointment**
  - 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 NOSE EFFECTIVELY?

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

**Step 1**

- 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 2**

- Stand in front of a sink and bend forward, tilting your head down
- Keep your mouth open and place the cap snuggle 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