

## POST-OPERATIVE INSTRUCTIONS

### SEPTOPLASTY +/- INFERIOR TURBINATE REDUCTION

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#### 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



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## 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**
  - 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 NOSE 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