

# Nasal / Sinus Surgery

## Post-operative

## Instruction Sheet



**SYDNEY VOICE**  
& SWALLOWING  
Dr Daniel Novakovic

### **Pain Medications / Antibiotics**

Some discomfort is to be expected after the surgery. This is usually in the form of a dull ache or nasal congestion. We routinely prescribe either Panadeine Forte or Digesic to be taken four times per day as necessary. Please avoid Aspirin based medications including Nurofen as they can promote bleeding. Antibiotics are usually prescribed for 5-10 days and the course should be completed.

### **General post-operative care**

It is normal for the nose to feel blocked or congested after the surgery. This sensation will improve over time and its duration is variable. Usually the breathing improves most 1-2 weeks after surgery.

It is important that you avoid nose blowing for the first week as it may cause bleeding or air leakage. Saline washes are an important part of the healing process. They promote regeneration of the lining of the nose and help to remove clots and debris. Normally we recommend washes be performed at least three times per day until first post-operative review

For septoplasty / turbinate surgery plastic splints may be inserted at the time of surgery to reduce the chance of scarring – these will cause a blocked sensation and are removed about a week after surgery

### **Physical activity / return to work**

Recovery from any surgery requires the body to rest. We do not recommend returning to work for a period of at least 7 days and sometimes up to 2 weeks depending upon the individual. Strenuous exertion and heavy exercise /heavy lifting should not be performed for at least 2 weeks after the surgery. Gentle exercise (slow walk) can generally be resumed 1 week after the surgery

### **Bleeding**

Light bleeding from the nose is normal for up to 48 hours. After this period you may still get blood stained mucous or blood clots when washing the nose with saline for a week or two

If the bleeding is heavier we recommend you use Drixine nasal spray - 2 sprays each side up to every 4 hours as this will constrict blood vessels. Please do not use this for more than 3 days.

If the bleeding persists or you have a large bleed- call please contact Dr Novakovic at the office or via the hospital switchboard.

### **Follow Up**

We normally review the patient at about 2-3 weeks post-operatively to check the nose and remove any debris. If you do not already have a follow-up appointment please call the office to make one. Patients with splints will be seen about one week after the surgery for removal.

Finally, nasal surgery has a high success rate so you can look forward to breathing better soon