

SINUS SURGERY POST OPERATIVE INSTRUCTIONS
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- The lining of your nose will swell after your surgery and it will feel blocked for at least 2-3 weeks
- Some discomfort in the nose can be expected after your surgery
- For pain relief: take Panadol or Panadeine Forte or Pain Stop as prescribed (**DO NOT** take aspirin due to the increased risk of bleeding)
- You can eat and drink what you like
- Antibiotics are commonly prescribed to reduce the chance of infection. Please take your full course of antibiotics as prescribed
- Use a nasal decongestant spray (**Otrivin or Drixine**) for 5 days only then cease (prolonged use of these sprays are associated with rebound congestion)
- Irrigation of your nose with a Saline-Bicarbonate nasal irrigation is critical to your post-operative recovery
 - Purchase a nasal irrigation bottle (**FESS Sinu Cleanse** or equivalent)
 - You can either purchase more sachets or make the solution cheaply yourself by making a mixture of equal parts of cooking salt and Baking soda (use 1 teaspoon of the mixture per bottle filled with boiled tap water (allow to cool))
 - With your face over a sink, hold your breath and flush each nostril with saline irrigation 3-4 times per day
 - Continue this for *at least* 4 weeks or as instructed
 - If the irrigation is too salty then dilute with extra boiled water
- A small amount of bleeding from the nose is to be expected. If there is significant bleeding then saturate both sides of the nose with your nasal decongestant spray (Otrivin or Drixine), lean forward and pinch the soft part of your nose for 10 minutes. If the bleeding is heavy and persists then please go to your nearest major hospital Emergency Department to be assessed
- Gently blowing the nose is okay 48 hours after your surgery. Hard nose blowing is best avoided and try to sneeze through your mouth
- You may return to work when you feel well enough (generally after 4 – 5 days). Exercise or heavy lifting must be avoided for 3 weeks after your surgery

Follow Up

- If you have not already booked a follow up appointment, please phone the rooms and book an appointment for 2 weeks time

Contact Numbers

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