



# NASAL SURGERY POST OPERATIVE INFORMATION



## WHAT IS NORMAL TO EXPECT

- ✓ Congested blocked nose
- ✓ Intermittent bleeding from the nose for up to a month
- ✓ Foul smelling breath for up to a week
- ✓ Snoring when asleep

## WHAT IS NOT NORMAL

- ✗ Fevers over 38 degrees (contact surgeon - antibiotics may be needed)
- ✗ Foul breath for more than a few days (contact surgeon - antibiotics may be needed)
- ✗ Bleeding constantly for more than 20 mins (present to your nearest emergency department)
- ✗ Severe nasal pain or headaches that do not respond to Panadol/nurofen (contact surgeon)

## POST OPERATIVE CARE INSTRUCTIONS

### SALINE DOUCHE

Washing out the nasal passages will remove old blood, dissolvable packing material and nasal secretions.

Ideally perform 3-4 times in the first week; 2-3 times in the second week; daily for weeks three and four.

Tips : body temperature water, lean head forward over basin, squeeze slowly, avoid the last drops of solution as it feels uncomfortable having liquid and air in the nose

Always add the salt sachet (it is uncomfortable if not added)

If douching is not tolerated, then replace douche with saline spray (2 sprays each nostril at the same frequency)

Any over the counter saline douche is adequate

### SALINE SPRAY

Used in younger children who do not tolerate Saline douche

2 sprays each nostril

Ideally perform 3-4 times in the first week; 2-3 times in the second week; daily for weeks three and four.

Any over the counter saline spray is adequate

### ACTIVITIES

Turbinoplasty/septoplasty = one week off school

Turbinate coblation/cautery = few days off school (often 2-3days)

Avoid swimming or sports for at least 2 weeks

Avoid blowing the nose for 2 weeks.

The risk of doing "too much" is a nose bleed, increased swelling in the nose and delayed healing

### NASAL DECONGESTANT SPRAY

Can be used for short term decongestant of nose if extremely blocked

One spray each nostril up to twice a day

Beware - not to be used for more than 5 days in a row as it is addictive

Can also be used if frequent nose bleeds to reduce the frequency of nose bleeds

Helps reduce snoring due to nasal congestion

### NASAL STEROID SPRAY

Avoid taking for the first weeks post operatively

Restart 4-6 weeks after surgery (if on preoperatively, or if advised by surgeon)