



SEPTOPLASTY/TURBINOPLASTY/SINUS SURGERY (FESS) POST OP INSTRUCTIONS

General Information

Your active participation in the postoperative phase of treatment is critical to the success of your surgery. Please read and follow the instructions below.

Stitches (suture material)

Please be rest assured that there will not be any stitches or sutures that need to be removed after the surgery. Dr Wong will often place a few dissolvable stitches after septoplasty to help with the healing of the soft tissue, and these stitches often dissolve on their own following commencement of sinus rinse.

Activity

You are advised to take it easy at home for the initial 48 hours. As your strength gradually returns, you can gradually become more active. Typically, you can expect to go back to work around 7-10 days after a septoplasty and turbino-plasty. Avoid heavy lifting or any forms of exercise in the first 2-3 weeks after surgery. You may go for gentle walks after day 7 of your surgery.

Bleeding

It is normal to experience some nasal bleeding the afternoon/evening of surgery. You may go home with some gauze on your nose to catch the bloody drainage after surgery. This may need to be changed 4-6 times the night of the procedure. If more persistent bleeding occurs, lean forward slightly and gently pinch the bottom 2/3 of your nose between your thumb and forefinger. Hold this for approximately 10 minutes. If you are still experiencing bleeding, you may apply Otrivine to your nose to shrink the blood vessels. Spray 3 puffs to the affected nostril(s) and then gently pinch the nose for 10 minutes. If the bleeding remains heavy and significant, please present to your closest emergency department.

Infection

Pain medication: The only medication you will need to take the night of surgery is pain medication. Ibuprofen or Paracetamol are often sufficient.

- Antibiotics/oral steroid/Tranexamic Acid: If you are prescribed antibiotic, steroid medication or Tranexamic Acid following surgery, start these on the day after surgery.
- Nasal irrigation: Start (or resume) your nasal irrigation the day after surgery.
- Moisture is critical to proper healing. You will need to moisturize and rinse your nose for at least 4-6 weeks after surgery. The day after surgery, begin sinus rinses at least 4 times a day using the "NeilMed Sinus Rinse Kit" or equivalent (available for purchase at many pharmacies). Use gentle pressure when irrigating. If you have any discomfort with irrigation, reduce the amount of pressure you are applying.



- After nasal irrigation, start using Bactroban or Chlorsig ointment in both nasal cavities, twice a day. Squeeze a generous amount (about the size of a grape) onto your thumb. Carefully align the ointment with your nostril. Apply to the inside surface each nostril. Gently press your nostrils together to help spread the ointment throughout your nose.

Postop Cares

- You may sniff back. If you need to sneeze, do not suppress it but instead sneeze with your mouth open. After 1 week, you may blow your nose **gently**.
- If you are taking antibiotics and experience stomach upset, active culture yogurt or acidophilus tablets (available at health food stores) on a daily basis may help. If you develop diarrhea, stop your antibiotics and contact our office. Persistent diarrhea may require further medical evaluation.
- You may eat a regular diet although you should avoid steaming hot cups of tea or coffee for up to 1 week to minimise the risk of bleeding
- You should plan on taking one week off from work and ideally have a half-day planned for your first day back.
- Do not fly without your doctor's clearance for 7 days after surgery.
- You will have frequent return visits to our office after surgery. At each visit, a procedure called nasal endoscopy and nasal debridement will be performed. The sinus and nasal cavities will be cleaned in order to assure appropriate healing of the sinuses. Visits typically occur 2-3 weeks after surgery (sometimes sooner). Post-operative visits are usually scheduled at the time of surgery scheduling, however if you have any questions about your post-operative visit you can contact our clinic.
- It is normal for your nose to feel blocked soon after nasal surgery, but the situation would improve over the next 3-4 weeks as the swelling within the nose subsides, and the amount of mucus and blood clot decreases. There are dissolvable nasal packing within your nose to help reduce postoperative bleeding - as they slowly dissolve over the next few days to weeks, you will notice an improvement in your ability to breath through your nostrils.