

ENDOSCOPIC SINUS SURGERY (FESS), Septoplasty, Turbinoplasty, Nasal surgery I

Postoperative Care Instructions

A PATIENT'S GUIDE

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

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.

Medications:

- 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 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.

Post-operative care:

- 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**.
- No strenuous activity for one week after surgery. No straining or lifting more than 5-6 kg. You should not bend over at the waist to pick things up. Instead bend at the knees, with your head up. Light walking and normal household activities are acceptable immediately after surgery. You may resume exercise at 50% intensity after one week, and full intensity at two weeks. You may drive 48 hours after surgery if you are not requiring narcotic pain medication.
- 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.

Post-operative visits:

You will have frequent return visits to our office after surgery. At each visit, a procedure called nasal endoscopy will be performed. The sinus cavities may 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.

Other advice:

It is normal for your nose to feel blocked soon after the 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.

内窥镜鼻窦手术（FESS）、中隔修复术、鼻甲修复术、鼻部手术 术后护理指导

病人指南

术后阶段, 积极参与治疗非常关键, 对手术的成功有很大影响。请阅读以下指导并遵循。

出血:

手术当天下午/晚上出现一些鼻出血是正常的。术后您可能需要用一些纱布来防止血液流出。当晚您可能需要更换纱布4-6次。如果持续出血, 请稍微向前倾斜, 轻轻捏住您鼻子的下2/3部分, 用拇指和食指捏住大约10分钟。如果仍有出血, 请用Otrivine向鼻腔内喷药以收缩血管。将药物喷入受影响的鼻孔中, 然后轻轻捏住鼻子10分钟。如果出血仍然严重, 请到最近的急诊室就诊。

药物:

止痛药: 手术当晚您唯一需要服用的药物就是止痛药。Ibuprofen或Paracetamol 通常足够。
抗生素/口服类固醇/Tranexamic acid: 如果医生开了这些药, 可以在手术后第二天开始服用。

鼻部灌洗:

从手术后的第二天开始使用sinus rinse灌洗。在手术后至少4-6周内, 保持鼻子湿润和清洁非常重要。每天至少进行4次鼻窦冲洗使用“NeilMed鼻窦冲洗套装”或类似产品(可以在许多药店购买)。灌洗时请使用轻压力。如果灌洗时感到不适, 请减少施加的压力。

注意:

您可以用鼻子吸气。如果需要打喷嚏, 请不要压抑, 而是张嘴打喷嚏。1周后, 您可以轻轻地擤鼻涕。

- 手术后一周内不要进行剧烈运动, 不要过度用力或扛起超过5-6公斤的重物。您不应该弯腰捡东西, 而应该膝盖弯曲, 头抬起。手术后立即可以进行轻松的步行和正常的家务活动。手术后1周可以以50%的强度恢复锻炼, 2周后可以以全强度恢复。
- 您可以正常饮食, 但应避免在手术后1周内饮用热茶或咖啡, 以减少出血的风险。
- 您应该计划休息一周。
- 手术后7天内不得搭乘飞机, 除非经过医生批准。

术后复诊:

手术后您需要频繁回诊我们的诊所。每次复诊都会进行一种名为鼻内窥镜检查的程序。为了确保鼻窦适当愈合, 可能会清洁鼻窦。复诊通常在手术后2-3周进行(有时更早)。术后复诊通常在术后安排, 但如果您对术后复诊有任何疑问, 可以联系我们的诊所。

其他建议:

手术后鼻子感觉堵塞是正常的, 但是情况会在接下来的3-4周内得到改善, 因为鼻子内部的肿胀会减轻, 黏液和血块的数量也会减少。鼻子内有可溶性鼻填塞剂可帮助减少术后出血, 它们会在未来几天到几周内慢慢溶解, 您会注意鼻塞会有所改善。