

Dr Arjuna Ananda

MBBS FRACS

EAR NOSE & THROAT SURGEON

ABN: 64105357168

Post-operative instructions for nasal/sinus surgery

Pain is common in the form of headaches, temporary numbness in teeth or tip of the nose or facial discomfort. Panadeine forte is generally used and provides adequate pain relief. Panadol can be used also (but **not** in conjunction with Panadeine forte) and is effective.

Do not take any Aspirin or Ibuprofen products for 2 weeks after surgery. You will be given prescription for analgesia on the day of surgery. Analgesia should be taken half an hour prior to meals to make eating more comfortable.

You may have **blood** stained mucous drip from your nose for the first 1-2 weeks, which is normal. To aid this - rest at home and keep your head elevated. Ice packs may help on your forehead or the back of your neck. If you are experiencing any bleeding that is not settling please present to either **Royal Prince Alfred Hospital or Concord Hospital**.

Your nose will feel **blocked** for the first 2-3 weeks due to inflammation, mucous and blood clots post surgery. This will decrease over the first 4 weeks following surgery. During this time breath through your mouth and keep hydrated with small sips of water.

You will need to **avoid blowing or rubbing** your nose for the first 2 weeks, if you have to, blow your nose gently.

You will need to **rest at home** for 1-2 weeks and avoid any exercise or strenuous activity for two weeks. Please do not **fly** for a period of two weeks post your procedure.

Avoid any hot food or drinks for first 2 days and be sure to maintain fluid intake.

If you are using a **CPAP** machine you will not be able to recommence using CPAP for up to 2-3 weeks. Your surgeon will confirm this on the day of surgery

You will need to see your surgeon 4 weeks after surgery – the nurse will call you to book this appointment

Sinus Nasal rinse

Wash out each nostril using Flo Rinse at least 4 times daily for the first week to eliminate any clots or mucous. You may reduce to 3 times daily until your post op appointment with Dr. Ananda.

Nasal Sprays

Drixine nasal spray can be used predominantly to treat any mild to moderate postoperative bleeding. Should postoperative bleeding occur from 1 or both nostrils spray 3 to 5 sprays in each nostril to help control bleeding, do not exceed using this for more than 3 days. Please call us if bleeding persists or is uncontrollable.

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Sub-speciality interests:

Sinus surgery
Skull base surgery
Sleep apnoea
Rhinoplasty

