

## Post-operative instructions following nasal surgery

### After your surgery, you can expect:

- Tingling and numbness to the upper teeth;
- A blocked feeling in the nose;
- Oozing from the nose for 1-2 days;
- A sore throat and mild headache.

### Post operative care is as follows:

- Nasal washouts – dissolve half teaspoon of salt in 300ml of pre boiled *warm* water (not hot water);
- Use the 20ml syringe provided to irrigate (wash out) both nostrils with the solution two to three times daily;
- Apply chloromycetin *eye* ointment into the nostrils twice daily, after the salt water irrigation. Apply a small amount to the tip of a cotton bud and gently apply the ointment into the nostrils. Only a small amount is required and please continue to use the ointment until it is finished.
- Take the entire course of antibiotics as prescribed;
- Sleep with your head elevated on a few pillows;
- Paracetamol should be sufficient to control your pain and should only be necessary for the first few days following your surgery;
- Ensure adequate intake of fluids in the post operative period.

### Please remember:

- Do not take hot showers – this could cause your nose to bleed – warm showers only.
- Do not forcefully blow your nose.
- No heavy lifting until the post operative review.

*Medical certificates* for patients and/or carers can be obtained by calling the rooms on 4737 3396.

*Nepean Public Hospital patients* – *a follow up appointment* will be conducted at the outpatients clinic, Dr Para will indicate the time frame.

*Westmead Private Hospital patients* - *a follow up appointment* has already been arranged. Please review your letter from the practice or check with our medical secretary on 4737 3396.