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EAR, NOSE & THROAT SURGEON - PR: 3003612

Sinonasal Surgery

Rhinoplasty

Laryngology

Head & Neck Surgery

General Otolaryngology

Endoscopic DCR

Snoring Surgery

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NASAL SURGERY: POST-OPERATIVE INSTRUCTIONS

Now that your operation is over, you should expect to feel an improvement in your symptoms as the operation area heals, and as the swelling goes down. The following instructions are designed to warn you of complications, how to avoid them and how to speed up the healing process.

Common complications include:

CONGESTION:

This is so common as almost to be expected. Use a decongestant nose drop – i.e. Drixine or Iliadin three times a day. Sleep in a head up position – i.e. use extra pillows. Avoid alcohol, very hot meals or drinks and smoking. Use a nasal douche regularly – see below for instructions.

BLEEDING:

A minor degree of bleeding is to be expected at intervals, but copious bleeding should be reported either to your GP, or me particularly if the bleeding is fresh blood and does not stop spontaneously.

- Avoid blowing your nose forcibly for two weeks.
- Avoid drugs like Aspirin, which thin the blood and prevent it clotting.
- Avoid lifting heavy objects and straining.
- Do not do vigorous exercise for two weeks.
- Do not move too far away from medical care for the first two weeks.
- Don't bungy jump!!!

SCARRING:

The inside of the nose can scar, causing adhesions. Old blood clots and scabs will promote scarring, cause discomfort, promote infection and encourage bleeding if they are not removed. To avoid this complication, use the following solution as a nasal douche:

- 1 Liter cooled boiled water, but warmed to body temperature before use.
- 1 teaspoon salt
- ½ teaspoon bicarbonate of soda

Mix the solution together and keep in the bathroom with a 20ml syringe handy. To use the solution, you can bend over a basin and syringe the fluid into the nose, aiming at the outer aspect of the eye so that the solution can go into your sinuses due to gravity. After half a minute or so, sit up and let the solution drain into the bowl – you may blow your nose very gently at this stage. Use three or four syringes full each side. Repeat this as frequently as you can – at least four times a day, but as often as you think of it.

Omitting this exercise will prolong your discomfort and increase the risk of scarring for weeks. Your husband / wife / partner / kids will probably find this exercise disgusting and will want to move out of the house – but please persevere. Sniffing this solution from the cup in the shower is also a good idea – the above comment also applies! You will find that long hot showers with *gentle* nose blowing in the shower will also feel good and be beneficial.

SINUS SURGERY:

Be aware that meningitis is a rare complication of sinus surgery. Any high fever, vomiting, severe headache, pain on looking into bright lights, fits, or confusion demands immediate attention either by myself or by your GP! This condition is easily treated when discovered early.

CHANGES IN SMELL OR TASTE:

This is due to congestion and should improve as the operation area heals.

Please expect to feel tired, irritable and possibly depressed after an operation – it is after all a very stressful experience. Lots of rest, fluids, good food and sleep will rectify the situation. The nose heals rapidly and complications are relatively infrequent.

I would like to see you for follow up every week until you have healed – the first few consultation fees are included in the fee for the operation.

For any other problems at any time, I am available on **082 425 8369**.

Have a speedy recovery!

Dr. Martin Vanlinderde