

Post-operative Instruction Sheet: Septoplasty and Bilateral Inferior Turbinoplasty +/- Functional Endoscopic Sinus Surgery

Operations on the nose will generally involve straightening the middle part of the nose (septoplasty), trimming off the sidewalls of the nose (inferior turbinoplasty) and opening of affected sinuses (functional endoscopic sinus surgery).

Immediately Post-operatively

- You may have some packs in your nose. If you do there will be strings tied at the front of the nose that are taped down near the tip of the nose. The packs will be removed prior to you going home. They are quick and simple to remove and there is minimal pain involved.
- It is normal to get bleeding after the surgery. You should wear a bolster under your nose to stop dripping. You will feel very congested and this is normal.
- It is also possible that you may have splints in your nose. These are secured at the front inside part of the nose with a non-dissolving stitch and will be removed one week after the surgery in the office.

Following discharge

Nasal Rinsing

- Nasal douching (washing) should be commenced 24 hours after the surgery. Any of the brands available over the counter at the chemist are acceptable to use as long as it is the rinse bottle type. Use the nasal douches at least 4 times per day however you can do as many as you like- you cannot over rinse
- Vaseline around the nostril following the douching will reduce discomfort and skin irritation.

Bleeding

- It is normal to get some bleeding from the nose for the first two weeks after the surgery, particularly when leaning forward or straining
- You may use Drixine or Otrivin to help with the bleeding for the first 3-5 days after the surgery
- If you get persistent or excessive bleeding you should go to the nearest emergency department

Pain Management

- Often the pain is worst at the tip and base of the nose, usually on the left.
- Regular paracetamol and ibuprofen may be used after the surgery to control the pain
- If paracetamol and ibuprofen are not sufficient you may use oxycodone (this can make you constipated and drowsy)

Antibiotics

- Usually you will not need antibiotics after the surgery
- If you do, you will be given instructions as to how to use them after the surgery

Steroid Medication

- You may need steroid medication for around a month after the surgery
- If you do, you will be given instructions as to how to use them after the surgery

Physical Exercise

- Do not perform any heavy lifting (>10kg) or vigorous exercise for a period of three weeks after the surgery

Follow-up

- You will need an appointment 7-10 days after the surgery. At this time the nasal cavity will be cleaned out of debris that cannot be cleared just with the nasal rinsing.
- It is important that you take some form of pain relief prior to your post-operative appointment.
- You will be seen for a second post-operative visit between 2-6 weeks after the surgery.
- If you have any issues, please contact the rooms within business hours. If you have an emergency outside of normal business hours please present to the nearest emergency department.