



**MY ENT SPECIALIST**  
Experts that Care

## **Septoplasty, Turbinoplasty and Endoscopic Sinus Surgery - Post Op Instructions**

### **Before your surgery**

Make sure to book some time off work after your surgery, about 1 week should do. If you look after small children then see if you can arrange some help for the week following your surgery. If you take blood-thinning medicines such as Aspirin, Plavix, Xarelta or Warfarin you will need to stop this before the surgery, please ring the rooms for advice.

### **After the operation**

#### **Discomfort**

This is not an especially painful operation but the front of your nose can be a bit tender for a few weeks. Use a simple painkiller such as paracetamol for the first week or so.

#### **Bleeding**

You may get some blood stained watery fluid from your nose for the first two weeks or so - this is normal. Do not blow your nose for about a week, or it might start bleeding. If you are going to sneeze, sneeze with your mouth open to protect your nose.

#### **A blocked nose**

Your nose will be blocked both sides like a heavy cold for 10-14 days after the operation. It may take up to three months for your nose to settle down and for your breathing to be clear again. Try to stay away from dusty or smoky places.

#### **Crusts**

Especially if you have had turbinoplasty surgery there will be some raw surfaces inside the nose. These tend to scab over and form crusts for the first few weeks after

surgery. Using nasal rinses will help to soften these crusts and stop them from forming.

#### **Stitches**

There will be some stitches inside your nose - these will dissolve and fall out by themselves.

#### **Nasal Packs**

Sometimes it may be necessary to put a dressing, called a pack, inside the nose. This is removed the morning after the surgery. Having packs removed is a little uncomfortable but should not be painful. Occasionally plastic sheets, splints are placed inside the nose after surgery to allow the lining of the nose to heal without sticking together. These are held in place by a stitch. They are removed at the first office visit a week later.

#### **Post Op Medications**

After the surgery it is useful to rinse the nose out 4 times daily using a salt water preparation (FLO Sinus Rinse™) this stops clots and scabs from building up inside the nose and becoming infected. Nasal rinsing should be continued until your review with Dr McGuinness. In the morning and evening dip a cotton bud into the nasal rinse and gently clean inside the nostrils. If the cause of your sinus problems is an allergy or nasal polyps Dr McGuinness will prescribe a nasal steroid spray or rinse to be used after surgery.

### **Post Operative appointments**

These are generally scheduled with our practice nurse 2-3 weeks following surgery and should be made for you before you leave the hospital. You will also receive a follow up phone call from our nurse 3-4 days after your surgery to make sure you are OK.

### **Exercise**

If you do heavy lifting and carrying at work you should be off work for at least two weeks. Avoid heavy exercise for at least 2 weeks following your surgery. Gentle walking and stretching is fine but do not swim for at least 2 weeks.

### **Complications**

Septoplasty, turbinate surgery and endoscopic sinus surgery is very safe but as with all operations there are possible side effects.

### **Bleeding**

It is very common for small amounts of bleeding to come from the nose in the days following the operation. Major bleeding is extremely uncommon and it is very rare for a blood transfusion to be required. Rarely it may be necessary to place a nasal pack in your nose to stop the bleeding.

### **Infection**

Infection in your nose is rare after this operation but if it happens it can be serious, so you should call the rooms if your nose is getting more and more blocked and sore or if you notice a bad smell, green discharge from your nose or a worsening headache.

**Eye problems:** The sinuses are very close to the wall of the eye socket. Sometimes minor bleeding can occur into the eye socket and this is usually noticed as some bruising around the eye. This is usually minor and gets

better without any special treatment, although it is important that you do not blow your nose. More serious bleeding into the eye socket sometimes can occur, however this is very rare. This can cause severe swelling of the eye and can even cause double vision or in very rare cases loss of sight. If such a serious eye complication did occur you may require further surgery. If you develop eye swelling, double vision or visual loss it is important you ring the ward immediately for advice.

### **Cerebro-Spinal Fluid Leak**

The sinuses are very close to the bone at the base of the brain. All sinus operations carry a small risk of damage to this thin bone with leakage of fluid (CSF) from around the brain into the nose, or other related injuries. If this rare complication does happen you will have to stay in hospital longer and may require another operation to stop the leak. On very rare occasions infection has spread from the sinuses into the spinal fluid causing meningitis but this is extremely uncommon.

### **Numbness in the front teeth**

Very rarely, you can have some numbness in the teeth, which usually settles with time.

## **Useful Numbers**

### **Dr John McGuinness**

**Rooms (office hours) 1300 3620715**

**Nurse (8am- 8pm) 0418 824 652**

**Campbelltown Private 4621 9111**

**St George Private 9600 4000**

**St Luke's Private 9356 0200**

**L'pool Public ENT Registrar 9828 3000**