



**MYENT**SPECIALIST  
Experts that Care

## **Septorhinoplasty, Turbinoplasty - Post Op Instructions**

### **Before your surgery**

Make sure to book some time off work after your surgery, about 2 weeks should do. If you look after small children 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 these before the surgery, please ring the rooms for advice

### **After the operation**

#### **Discomfort**

The front of your nose can be a bit tender for a few weeks. Use a simple painkiller such as paracetamol or ibuprofen 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. You may also have some fine stitches on the skin under your nose these will be removed 1 week after the surgery.

#### **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.

#### **Nasal Splints**

You will have a hard plastic dressing on the outside of your nose for the first week, try to keep this dry. This splint can be a little annoying but will be removed 1 week after your surgery

#### **Post Op Medications**

##### **Nose rinses**

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.

##### **Antibiotic Cream**

You should apply antibiotic cream after rinsing your nose twice daily to the stitches under your nose.



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**Antibiotics**

You may be prescribed antibiotic tablets to take for a week after your surgery. Take them as directed on the bottle.

**Post Operative appointments**

The practice nurse will review you 1 week following your surgery and remove the stitches and splint from your nose. This appointment 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**

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. Contact sports should be avoided for at least 8 weeks after surgery.

**Complications**

Septorhinoplasty and turbinoplasty 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. 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.

**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
Lifeshouse at RPA	8514 1850
L'pool Public-ENT Registrar	9828 3000
St George Private	9598 5555
St George Public- ENT	9113 1111
St Luke's Hospital	9356 0200