

**Contact us information**

**Central Coast**  
T 02 4324 5677  
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**Mid North Coast**  
T 02 6551 0722  
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**Consulting**

**ENT Gosford**  
29 Hills St,  
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**Coast Sleep**  
18-20 Wiowera Road,  
Kanwal, NSW 2259

**Mayo Specialist Centre  
Mayo Private Hospital**  
2 Potoroo Drive,  
Taree NSW 2430

**Operating**

**Gosford Private Hospital**  
Burrabil Ave, Gosford North NSW 2250

**Tuggerah Lakes Private Hospital**  
645 Pacific Highway Kanwal NSW 2259

## POST OPERATIVE INSTRUCTIONS

### Septoplasty/Sinus Surgery

#### General

- Avoid bending, lifting, or vigorous activity for 2 weeks
- No work, exercise or sport for 2 weeks - you may do some gentle walking
- You may shower or bath but do not get too hot
- Over the first 2 weeks you will feel quite tired and run down
- Your nose will feel very congested as if you have a cold or flu

#### Care of the Nose

- Refrain from blowing your nose or sneezing if possible for 2 weeks
- Use the saline FLO bottle 3 times a day (required for the 1st month).
- Use antihistamines if required.
- If you are prescribed Bactroban ointment please apply to both nostrils 2 times per day for 2 weeks post-op (this is not prescribed to all patients)

#### Posture

- Try to keep your head up as much as possible.
- Keep head elevated when resting, and sleep with 2 pillows
- Don't stoop over

#### Bleeding

- Usually the nose will ooze blood for 24 hours and will reduce by half each day. Minor bleeding is expected for 3-4 days
- If bleeding occurs following flushing with FLO, please apply pressure to nose and suck on some ice cubes
- If you are concerned about the amount of bleeding, please call the rooms or if there is heavy ongoing bleeding, present to the emergency department

#### Diet

- Have a light meal the evening after surgery
- There are no dietary restrictions and you may eat as soon as food is tolerated

#### Pain

- Mild pain and pressure is expected. The most discomfort will occur the first couple of days after surgery. You may experience some headaches. Take the pain medication as prescribed.

#### Appearance

- Minor bruising and swelling is to be expected around the eyes and face
- You may have slightly more swelling in the mornings
- You may expect minimal swelling of your nose for several months

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**When to call the Doctor**

- If you have any disturbance in vision
- If you have any extreme swelling or bruising that is not settling
- If you have persistent pain not relieved by the medication
- Elevated temperature over 38°C
- Bleeding that has not subsided after 20 minutes of applying gentle pressure to side of nose while sitting in an upright position with head bent forward (Oozing can be expected)

**Follow up Care**

- Your follow-up appointment will be between 1 and 2 weeks following your surgery

**Medications**

- Saline nasal rinse (Flo or Sinus rinse): please rinse your nose with the bottle prescribed (over a sink) 3 to 4 times a day. Continue for 1 month. Refill sachets (x50 or 100) can be purchased from your local pharmacy. Dr Gunawardena will advise on the frequency of flushing your nose when she sees you at your first post operative visit
- Panadol or Panadeine Forte – take 1-2 tabs as required (maximum 4 times a day). Avoid Aspirin and Nurofen
- Antibiotics: please take as directed, (plus the repeat if prescribed)
- Prednisolone (Cortisone tablets will be prescribed for some patients), please take as instructed for 3 weeks