



Nasal and Sinus Surgery – Septoplasty, Turbinoplasty, Endoscopic Sinus Surgery

Recommended sick leave

Depending on your occupation you may return to work as early as a week after the operation. If your occupation involves strenuous activity or heavy lifting this needs to be avoided and you may return to work with restricted duties for 2 weeks. Ask Mr Leung regarding specific advice regarding your situation

Medications

- You may be required to take antibiotics. Please ensure you complete the course as prescribed
- Pain medicine will be prescribed to some patients. In general nasal surgery is not too painful. However increasing pain may be a sign of infection. If it does not respond quickly to the prescribed pain medicine please contact Mr Leung.

Saline

Saline nasal sprays help maintain the moisture in the nose, loosen crusts and help dissolve the soluble packing in the nose. It is useful to commence using the salt water spray the next morning after surgery, right up until your first postoperative visit.

Caring for your nose

After 5 days you may gently blow your nose. This will help clear blood clots and crusts and helps healing. It will help you breathe better. Do it over a sink and have some tissues handy. Do not blow your nose too vigorously as this may precipitate bleeding. You may sniff as often as you like.

Do not pick at the nose during healing. You may remove obstructing crusts with a cotton bud soaked in salt water. Dissolvable sutures may break up and hang out the nose. Do not pull on them, cut off loose ends at the nostril with a pair of nail scissors

Avoid knocks to the nose in the first 4 weeks.

DO NOT take Aspirin containing medications or other "blood thinning agents" until advised by Mr Leung. These may lead to serious bleeding.

Rest

It is advisable to rest at home for at least 7 days with a gradual return to normal activity after two weeks. Avoid heavy lifting, strenuous exercise or other exertional activities (which includes many "home duties") for two weeks. You may take long but relaxed walks.

Bleeding

There will be blood stained mucous discharge and possibly some minor intermittent bleeding (momentary and less than a tablespoon) from the nose for 2-3 weeks. This is expected and is no cause for concern. Prolonged or excessive bleeding, especially if associated with increasing pain is abnormal and is to be reported to Mr Leung's rooms as soon as possible.

If bleeding occurs, sit down with a bath towel and a dish or bucket on your lap, hold both nostrils firmly closed for 5 minutes, suck some ice behind your front teeth against the roof of your mouth and breathe slowly through your mouth. Most bleeding will cease in 15-30 minutes. Significant bleeding or persistent bleeding is to be reported to Mr Leung as soon as possible or to your nearest doctor, or take the patient directly to the nearest Emergency Department. Do not hesitate to call an ambulance if necessary.

General

Alcohol should be avoided, consumption may cause serious bleeding

Do not smoke. This delays healing, may lead to infection, bleeding and failure of surgery and smoking should be avoided for a minimum of two weeks.

In the first week, sleep on 2-3 pillows. It will help reduce swelling and help you breathe easier

62 Buckley Street
Essendon 3040
phone 03 9375 2099
fax 03 9375 2486
Provider No 244532VX

Suite 222 / Level 2
100 Victoria Parade
East Melbourne 3002
phone 03 9650 0522
fax 03 9650 2522
Provider No 295368BW

ABN 39 450 749081

www.leungent.com.au