

SINUS SURGERY

POST OPERATIVE INSTRUCTIONS

- The lining of your nose will swell after your surgery and it will feel blocked for at least 2-3 weeks
- Some discomfort in the nose can be expected after your surgery
For pain relief: take Panadol or Panadeine Forte or Pain Stop as prescribed (**DO NOT** take aspirin or NSAID's (arthritis medications) due to the increased risk of bleeding)
- You can eat and drink what ever you like. Avoid excessive alcohol
- Antibiotics are commonly prescribed to reduce the chance of infection. Please take your full course of antibiotics as prescribed
- Irrigation of your nose with a Saline-Bicarbonate nasal irrigation is critical to your post-operative recovery
- Purchase a nasal irrigation bottle (**FESS Sinu Cleanse** or equivalent). You can either purchase more sachets or make the solution cheaply yourself by making a mixture of equal parts of cooking salt and Baking soda (use 1 teaspoon of the mixture per bottle filled with boiled tap water (allow to cool). With your face over a sink, hold your breath and flush each nostril with saline irrigation 3-4 times per day. Continue this for *at least* 4 weeks or as instructed. If the irrigation is too salty then dilute with extra boiled water
- A small amount of bleeding from the nose is to be expected. If the bleeding is heavy and persists then please go to your nearest major hospital Emergency Department to be assessed
- Gently blowing the nose is not harmful after surgery. Hard nose blowing is best avoided
- You may return to work when you feel well enough (generally after 4 – 5 days). Exercise or heavy lifting must be avoided for 3 weeks after your surgery

Follow Up

- If you have not already booked a follow up appointment, please phone the rooms and book an appointment for 2-3 weeks after the surgery

Contact Numbers

- A/ Prof Melville da Cruz (rooms) 02 96351030
- Westmead Hospital ph 02 9845 5555
- Westmead Children's Hospital 02 9845 0000