



**POST OPERATIVE INSTRUCTIONS for
MR DAYAN CHANDRASEKARA**

SEPTOPLASTY, TURBINATE PROCEDURES, FESS (SINUS SURGERY)

Pain Relief:

- Please take pain killers as directed. Nasal and sinus surgery is usually not that painful but a small proportion of patients will experience moderate “sinus-type” pain that requires heavier painkillers given to you on discharge. Use Panadol if the pain is not so bad.
- The tip/bottom of your nose can be quite painful if pushed, so avoid this
- Avoid aspirin or any other blood thinners for 2 weeks after surgery
- Please ensure you do not exceed the maximum daily dose of each medication.

Diet:

- You can eat and drink whatever you like and whatever feels comfortable.
- Try and remember to keep your fluid and fibre intake up to avoid constipation

Warning Signs:

- Minor bleeding and oozing from the front of the nose is normal for the first 7-10 days
- Please notify any ongoing significant bleeding (changing nose bolsters that are completely soaked more than 4-5 times day)
- In the event of a large (more than half a cup or so) sudden bleed, call an ambulance immediately and go to your closest emergency department
- Fever greater than 38.5
- Severe pain, headache, neck stiffness, or intolerance when exposed to bright lights
- For any of the above or anything you feel is not right or concerning, contact me using details below

Other Things to Expect:

- Nausea is common in the first 24 hours and usually related to the general anaesthetic
- Ongoing nausea after this is uncommon, but could be a sign of reaction to the heavier pain killers
- Crusting inside the nose continues for 6 weeks or so after surgery – think of this as scabbing that forms, and reforms after being washed away by the nasal rinses until complete healing has occurred
 - Regular douching with the saline sprays/flushes helps alleviate the congestion from the crusting and can be commenced immediately after discharge from hospital
 - Initially the sprays/flushes will not penetrate the nose but eventually they will, and as scabs reform this will fluctuate. Do not worry about this, just keep rinsing and things will eventually improve
 - If possible, use the sprays/flushes about 4 times a day, more if you like, and do it over the sink at home
 - Because of the crusting and swelling, your breathing will not be clear until about the 6 week mark after surgery (sometimes even longer)
- A follow up appointment should be made 2-4 weeks after surgery

Restrictions During the Recovery Period:

- no school or work for 14 days – this is not negotiable due to the risk of bleeding
 - however desk work at home is acceptable if you feel up to it
- no flying or travelling to remote parts of Australia for 3 weeks after surgery
- avoid exercise, strenuous activity or anything else that raises the blood pressure within 2 weeks of surgery
- avoid vigorous nose blowing for 14 days
- avoid physical knocks to the nose for 6 weeks after surgery – this is the time it takes for the septum to heal into position, so knocks within this timeframe can push the septum out and require revision surgery; no sporting activities for 6 weeks, gentle physical exercise can commence after 2 weeks gradually building back up to normal (remember your body requires some time to recover and your stamina levels will initially be quite low to plan to return to normal levels of exercise over a period of a few weeks rather than straight away)
- avoid active or passive smoking

Contact Details:

- Office hours (9am to 5pm) TEL 03 9817 4366
- After hours call the hospital ward you were admitted to and they will contact me
 - St Vincent's Private Hospital East Melbourne TEL 03 9928 6555
 - Paediatric Ward – 3rd Floor East Melbourne
 - Adult Ward – 4th Floor East Melbourne
 - Warringal Private Hospital Heidelberg all wards TEL 03 9251 6651
 - Epworth Eastern Hospital TEL 03 8807 7100
 - Surgical Ward - 6th Floor

If you cannot contact me after hours, please present to your closest Emergency Department immediately (particularly if there is ongoing bleeding as this needs to be attended to urgently).

The following Emergency Departments have 24 hour On-Call ENT Surgeons available:-

- Box Hill Hospital – 8 Arnold St, Box Hill (Adults and Children)
- Monash Medical Centre – 246 Clayton Rd, Clayton (Adults and Children)
- Austin Hospital – 145 Studley Rd, Heidelberg (Adults and Children)
- St Vincent's Hospital – 41 Victoria Pde, Fitzroy (Adults ONLY)
- Alfred Hospital – 55 Commercial Rd, Prahran (Adults ONLY)
- Royal Melbourne Hospital – 300 Grattan St, Parkville (Adults ONLY)
- Eye and Ear Hospital – 32 Gisborne St, East Melbourne (Adults and Children)
- Royal Children's Hospital – 50 Flemington Rd, Parkville (Children ONLY)