



**MR STEWART LEE**

## **PRE OP INSTRUCTIONS**

### **General information**

The following is a general guide before your surgery. Mr Lee will give you more specific information about your own operation.

- If you take any herbal medicines or supplements please inform Mr Lee as some of these such as Fish oil and Ginkgo, should be stopped 2 weeks before surgery.
- Do not take non-steroidal pain-killers such as Nurofen for at least one week before your surgery and do not restart them until directed by Mr Lee. You may also need to stop some prescribed medications such as aspirin, but this will be decided at the time of your consultation.
- Please bring all your relevant scans on the day of surgery (for example, CT scans of your sinuses for sinus surgery).
- Please follow the fasting instructions carefully as failing to do so can result in your operation being cancelled. Anaesthetising someone who is not appropriately fasted can result in serious complications.
- You will need some time off work or school to rest and recover. This is usually one to two weeks.

Please call if you have any queries on: 9817 4366



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## **NOSE AND SINUS SURGERY**

### **POST OP INSTRUCTIONS**

The following is a general guide to caring for your nose after surgery. Mr Lee will give you more specific information about your own operation.

#### **What to expect after surgery**

- You will need to make a follow up appointment for one week after a rhinoplasty operation or for two to four weeks for other nasal operations.
- Some nasal blockage or blood-stained discharge for two weeks after surgery.
- Mild pain or discomfort should be controlled by the pain-killers you will be given upon discharge. Please use as directed. Pain is often worse at day 4 or 5 and there might also be some referred pain to your ear. This usually involves taking regular pain-killers for a few days so they work better, rather than waiting until the pain increases. Don't be brave about it and if you are experiencing excessive pain you must contact Mr Lee or your Anaesthetist.
- Nausea for the first 24 hours is common and related to the anaesthetic. If excessive or persistent this can be treated with medication.

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### **For one week following your surgery**

- Do not blow your nose.
- If you need to sneeze try to sneeze through your mouth, not your nose.
- Drink plenty of fluids. Cold drinks or icepacks may help with minor bleeding / swelling.

### **For two weeks following your surgery**

- Avoid the following activities that may induce bleeding i.e very hot showers or baths, straining or strenuous exercise.
- Avoid smoking as this impairs the healing process and may lead to a less favourable outcome from your surgery.

### **What not to expect after your surgery**

Please contact Mr Lee or seek urgent help from your local doctor or Emergency Department if you experience:

- Excessive or persistent bleeding
- Fever
- Excessive pain, not controlled by the pain-killers given to you at time of discharge from hospital
- Offensive discharge from your nose

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