

## POST OPERATIVE INSTRUCTIONS AFTER NASAL SURGERY

### PAIN RELIEF

Pain can be managed with Panadol or Panadeine. Aspirin and Anti-inflammatory medication (e.g. Nurofen, Brufen, Voltaren) should be avoided as it may cause bleeding. If severe pain occurs after discharge from hospital please contact Dr Bowman.

### NASAL DISCHARGE

Most patients will experience some nasal discharge after surgery. The discharge may be clear, white or blood stained. This is expected after nasal surgery and can last for up to 2 weeks.

### BLEEDING

Bleeding after removal of nasal packs is very common and patients remain in hospital until all bleeding has stopped. If there is significant bleeding from the nose after discharge from hospital please contact Dr Bowman.

### NASAL SPLINTS

During some nasal surgery, occasionally soft pieces of material called silastic are inserted into the nose and sutured in place. This material is inserted to assist healing of the nose and also to assist in maintaining a good position after septoplasty. The splints are removed 7-10 days after surgery. This procedure is performed in the office and requires no anaesthetic.

### NASAL SALINE DOUCHING

This promotes healing and prevents excessive crusting in the nose. Nasal Flo is recommended. Follow the instructions on the bottle or as per instructed by Dr Bowman. This will commence the day after surgery unless otherwise advised. A Kit will be given on discharge from hospital.

### ACTIVITY

Heavy exercise and physical work should be avoided for 2 weeks as this may lead to bleeding. Patients can return to work when they feel well enough but this is usually not before 3-4 days after surgery.

### OUT OF HOURS EMERGENCY CONTACT

**If you have any concerns please do not hesitate to contact Dr Bowman's office on 3163 3633.**

**If after hours, should you require URGENT attention following discharge from hospital, depending on the nature of the emergency, either:**

- 1) Call an ambulance on 000**
- 2) Call the ENT On Call Service on 0499 330 021 (do not leave SMS messages)**