

Following Nose and/or Sinus Surgery, Discharge Information

Going home after your surgery

You will be able to go home once you have made a full recovery from your anaesthetic.

You may feel drowsy because a small amount of the anaesthetic may still remain in your body; this can slow your reaction time/coordination and affect your reasoning/judgement for the next 24 hours. You should not consume alcohol, make any important decisions, sign any documents (including legal), drive a car, cycle, ride a motorbike or operate heavy machinery for at least 24 hours after your operation.

Some side effects following anaesthesia may include sore/dry throat – this usually resolves within a few days, slight cough, nausea and vomiting, dizziness/feeling faint, headache, shivering, muscle aches/weakness and itchiness/rash.

These are usually temporary and not a problem. Others like nausea; vomiting or mild discomfort can be helped with other medications. Please let your nurse or doctor know if you have nausea and vomiting after your surgery.

Eye swelling and /or visual changes

Should you have any eye swelling and/or visual changes please phone the main outpatients on (04) 385 5999 extn 80400 Mon –Fri between 8am and 4.30pm. After hours and weekends please contact your own family doctor (GP) or emergency clinic

Bleeding

Should there be any bright red excessive bleeding, sit down and apply ice to the bridge of your nose. If the bleeding is severe and does not stop or slow down, please attend your nearest emergency department or call 111 for ambulance assistance.

Pain Relief

You can take Paracetamol (Panadol) 2 tablets (1 gram) every 4-6 hours. Do not exceed more than 8 tablets (4 grams) over a 24 hour period.

You have been given.....at.....am/pm

Do not take anymore until.....am/pm

Medications

Unless advised otherwise continue with your prescribed medications. If you are prescribed antibiotics or additional medications e.g. steroids, please complete the course.

Activity

Rest quietly. It can take weeks to get your normal strength and energy back. There can be some pain/discomfort around the surgery site

- Avoid any heavy nose blowing and sniffing for 10 days
- Avoid prodding the inside of the nostrils. There can be blood stained discharge for several weeks
- Avoid smoking and smoking environments. This harms the nose lining and makes it more likely that you will suffer a poor result

[continued]

Splints or dressings

Do not remove any internal or external splints or dressings from the nose. These will be removed at your follow-up outpatient appointment.

Rinsing the nose

Most patients need salt water wash for the nose from the day after surgery. This should be done 3-4 times a day for the first few weeks but your surgeon will clarify this. A sinus rinse bottle can be filled with water, then add ¼ teaspoon each of salt and baking soda (or a sinus rinse sachet that you can buy at the pharmacy) to each bottle. Once dissolved, wash this through the nostrils as shown on the instructions.

Can I swim or participate in sports?

Avoid all water sports or active participation in sports until you have had your follow-up outpatient appointment. You can then discuss with your doctor when you can start them again.

When am I able to fly?

Avoid flying or making any plans to fly until you have had your follow-up outpatient appointment. You can then discuss with your doctor when you are able to fly.

Follow-up:

An outpatient appointment will be sent for you to be seen in: _____

If you are concerned about any aspect of your procedure please contact your own GP, in the first instance. If urgent, please visit your local emergency department or ring 111 for ambulance assistance.

Additional comments:

Contact us

Wellington Hospital Main Outpatient
Department, ENT Services

Phone: (04) 385 59999 ext. 80400

Hours: Monday to Friday 8am – 4:30pm (excluding public holidays)

