



## Post-Operative Care Instructions for Sinus Surgery

### Pain Management

- **Expected Discomfort:** Discomfort is usually felt as an ache or pressure rather than sharp pain. This may increase slightly during the first week due to swelling and sinus secretions.
- **Medications:** Take paracetamol and codeine as first-line pain relief. DO NOT take aspirin or any aspirin-containing products to avoid increased bleeding risks. If discomfort persists, please contact us. Use topical nasal steroid, such as fluticasone, if prescribed.

### Nasal Drainage and Congestion

- **Drainage:** It is normal to experience blood-stained drainage after surgery. Initially, this may appear bright red, turning pink within 24-72 hours and later dark reddish-brown or yellow. If nasal packing or splints are placed, these will be removed at the first follow-up visit. Continue using a folded gauze ("moustache dressing") under the nose to absorb drainage if needed.
- **Congestion:** Swelling of the nasal lining will cause a stuffy sensation for about a week. This will improve gradually in the following weeks. Do not blow your nose, as this may cause bleeding or delay healing.

### Saline Nasal Irrigation

- **Frequency:** Begin saline irrigation three times a day after the surgery. Use a squeeze bottle or irrigation kit like NeilMed.
- **Preparation:** If not using pre-packaged saline, mix 1/2 teaspoon of non-iodized salt and 1/2 teaspoon of baking soda in 1 cup of distilled, boiled (then cooled), or sterile water. Warm the solution slightly for comfort.
- **Instructions:**
  1. Lean over a sink or shower with your head down.
  2. Insert the bottle into one nostril and gently squeeze. Allow the solution to flow out through the other nostril or mouth.
  3. Repeat on the opposite nostril.
  4. Gently blow your nose afterward.

Continue irrigations for 2-6 weeks or as instructed by your surgeon.

### Activity and Recovery

- **Rest:** Rest is essential. Avoid strenuous activities, including lifting over 5 kg, bending over, or intense exercise for the first 2-3 weeks. Gradually increase your activity level over one week.
- **Sneezing:** Avoid if possible but if sneezing is unavoidable, do so with your mouth open to reduce pressure on the surgical site.
- **Hydration and Comfort:** Keep your head elevated with 2-3 pillows to reduce swelling. Use a humidifier and drink plenty of fluids to ease dryness. Applying lip balm and sucking on hard candy can also provide relief.

## **Post-Operative Appointments**

- **Follow-up visits:** are critical for monitoring healing and cleaning your nasal passages. Eat before attending appointments, and take pain medication an hour beforehand if discomfort is expected. Frequency of visits will depend on your healing progress.

## **When to Call Your Surgeon:**

### **Contact us immediately if you experience any of the following:**

- Visual changes (loss of vision, double vision, or black eyes).
- Severe neck stiffness accompanied by fever, extreme fatigue, or headache.
- Fever over 38.5°C.
- Heavy or bright red bleeding from the nose or mouth.
- Any concerning behavioral changes or anxiety.

## **Contact Information**

- **Non-Urgent Questions:** Call the office at 03 548 4994.
- **Urgent Concerns:** Contact Dr. Slough directly. Leave a message or text if there is no immediate response, especially after hours.