



Mr Nicholas Agar

GEEELONG
Head and Neck

Septoplasty Turbinoplasty

Discharge Date

Post Op Appointment

Discharge meds given? Yes / No

Time Panadol last given

The Recovery

The initial recovery from septoplasty and turbinoplasty takes approximately 2 weeks. Continued improvements will be noted until 6 weeks after surgery at which point the 'success' of the operation can be judged.

It is normal to have:

- a sore nasal tip for 2 weeks. You may feel the dissolvable stitches inside the left nostril - please leave these alone, I will remove them if they persist at your post op appointment.
- some minor numbness or tingling of the gums/upper incisor teeth for a few weeks.
- a blocked nose for 2 weeks, which will discharge more mucous than normal.
- blood stained mucous containing the occasional clot of blood, this may work its way out the front or down the back of the nose.

Time Off

You will need 1 week off work.

I advise strictly no exercise/exertion for 2 weeks.

Please ask for a certificate if needed.

Diet

It is important to stay well hydrated - I recommend three extra glasses of water per day. You can eat a normal diet.

Post Op Medications

Prescriptions will be individualised according to other health issues, age, weight and any allergies.

My typical prescription is for:

- 1) Pain relief with regular Paracetamol 4 times daily for 5 days, and Oxycodone tablets in addition as required. The latter can cause constipation therefore ask your pharmacist about laxatives at the first hint of constipation.
- 2) Antibiotics - Cephalixin 500mg oral 4 times daily for 5 days OR Rulide 300mg oral daily if you've also had FESS surgery.
- 3) FLO sinus Rinse twice daily for 1 month commencing on the 4th post operative day. Search on YouTube for "How to wash your Sinuses with FLO" for an excellent instructional video.

Post Op Appointment:

This should be 2 weeks after your surgery and it is critical that you attend. There is no charge for this consultation. I will use a suction catheter to remove any residual dissolvable packing and ensure there is no problematic scarring developing.

Post Op Problems

Bleeding. All patients will have minor amounts of bleeding after this kind of surgery. For most it will simply be streaks of blood, old clots of blood, or minor amounts of bright blood which will stop within a few minutes. Bleeding is more likely if you exercise before the 2 week mark, blow your nose aggressively, or don't use your nasal irrigation and allow your nose to become dry and crusted.

Approximately one in 50 patients will develop persistent active bleeding which doesn't settle of its own accord. If this occurs you will need to be seen in an emergency department where there is appropriate equipment and staff to deal with the situation.

-In hours please call me via my office on 52218490

-After hours call me on my mobile 0425746617

-If I am unable to respond please

1) attend the Geelong Hospital Emergency Department and the oncall ENT surgeon will become involved if necessary.

OR

2) call an ambulance on 000.

Nausea

This is usually related to opiate pain medications (endone, panadeine forte, tramadol etc). If nausea is severe try to reduce these medications as much as possible. If this doesn't help or you are in significant pain upon stopping the opiates please contact me and I can provide an anti-nausea tablet prescription or an alternative pain tablet.

Healing problems

Uncommonly a septal perforation (hole) or adhesion (web of scar tissue) can develop in the nose. This is asymptomatic initially and therefore I routinely ensure this has not occurred when I see you 2 weeks post operatively.

DO

Take regular analgesia to prevent your pain becoming severe
Keep well hydrated
Use your Sinus rinse twice daily
Try to maintain a healthy and balanced diet

DON'T

Take blood thinning medications such as Aspirin, Plavix, Warfarin, Fish Oil unless discussed prior to your surgery
Exercise/exert yourself for 2 weeks
Blow your nose aggressively (gentle blowing after using the rinse is OK)