



Post-Operative Sinus Care

Diet:

Patients who have received general anaesthesia may experience some nausea and occasionally, vomiting. It is therefore preferable to eat a bland light meal or a liquid diet on the first day after the surgery. Regular diet may be resumed the next day.

Wound care and other information:

- Elevate the head at all times. Sit in a recliner or use two or three pillows when sleeping. Head elevation reduces bleeding and swelling.
- Take the pain killers with some food or a piece of toast, this reduces nausea.
- You may take a shower with lukewarm (not hot) water. Make sure you have someone with you in the house in case you feel drowsy or faint from taking pain killers.
- Do not remove packing or splints if present. You may have to breathe from your mouth if the splints get blocked with mucous or clots. This may cause a dry mouth. It is therefore very important to drink a lot and maintain adequate hydration.
- Bleeding is expected for a few days after surgery. Just change the drip pad as needed and keep the nostril clean. Clean the dried blood and secretions from the nostrils with Vaseline.

Care after removal of packs or splints:

- Do not blow your nose for at least 1 week from the day of surgery. Avoid heavy lifting or straining. These activities will increase the likelihood of nasal bleeding.
- If you have to sneeze, please do it with your mouth open. This prevents excessive pressure build-up and bleeding from the nose.
- Do not take Aspirin or products containing acetyl salicylic acid. Aspirin prevents clotting and increases the bleeding.
- For 2-4 weeks after the removal of the nasal splints or packs, use over-the-counter saline sprays, 2 - 3 times daily, in both nostrils.
- If excessive bleeding occurs attend your nearest emergency department and contact Dr. Shahidi's surgery at (02) 9419 5477.

Medications:

An antibiotic is usually prescribed for 7 days following the surgery. You may also receive a prescription for pain relief. These products cause somnolence, drowsiness and constipation. Do not use any over the counter anti-inflammatory medications, i.e. Neurofen, ACT 3 etc.

Follow up:

Please schedule an appointment to be seen in the office as directed.