

Sinus Surgery

The following instructions will help you know what to expect in the days after surgery. Please call if you have any questions or concerns.

Day 1 – Overnight some blood will ooze out of your nose. This is normal. Change the gauze under your nose if it becomes full.

The nurses will give you a wash bottle to use in your nose. Start this the morning after surgery. **Using the wash bottle per these instructions is as important as the surgery.** To fill the wash bottle use sterile water – boiled water that has been allowed to cool. After you have filled the wash bottle add the solvent then insert the bottle into your nostril and apply pressure to the bottle. Do this with your head over the sink. A lot of the wash will come out of your nostril which is normal. Use half of the bottle on one side of the nose and half on the other side. **Do this at least 4 times per day for a total of 3 months.**

At night – Take some pain relief when you are about to go to sleep on the first night. This will ensure that you have a comfortable sleep.

When you go to bed lie on 2 pillows with a towel over the pillows and put the gauze or nasal bolster under your nose. The function of the gauze is to catch any fluid coming out of your nose which can be very irritating to your upper lip.

Day 2 – 7 – You will feel like you have a cold during this period. You may also notice some numbness over the tip of your nose and upper lip, both of which are normal.

Further follow up – Dr Anderson reviews patients who have had a FESS at 6 weeks post operatively. If you have any concerns or change in how you feel don't hesitate to contact the office and Dr Anderson will see you in a timely manner. He and the staff are here to help and are more than happy to see you sooner in the post-operative period if required.

Pain relief?

A FESS is not an overly painful operation. Most people have a feeling of fullness post operatively but don't feel they are in significant pain.

Take regular pain relief for the first 24 hours post operatively and then as needed after that.

Paracetamol [Panadol] – take this regularly for the first 24 hours regardless of whether you are in pain or not.

Ibuprofen [Nurofen] – You can take ibuprofen if the paracetamol alone is not providing effective pain relief for you (and provided you have no contraindications – allergy, asthma, diuretics and some antihypertensive medications)

What should I eat?

You can eat and drink anything you like provided it does not cause a rush of steam up your nose. Anything that causes steam to go up your nose may precipitate bleeding.

What are the activities I shouldn't do?

- No heavy lifting – 2 weeks
- No strenuous exercise – 2 weeks
- No blood thinning medication – 2 weeks
- No very hot showers or baths – 2 weeks

How much time do I need off work?

As a general rule most people have two weeks off work. You can go back to work at any time, however, you may not feel up to it for the first week.

How important is the wash bottle?

Using the wash bottle is absolutely essential after this surgery! The wash bottle ensures that the lining of your nose recovers from the operation. You must use it at least 4 times per day and if required up to 20 times per day. You will not do any harm by using the wash bottle more than 4 times per day.

What do I do if I get bleeding?

Use a wash in your nose if you have bleeding. Sit with your head forward, ice pack on the back of your neck, mouth open applying pressure to the sides of your nose down at the tip for a total of 10 minutes. If this is unsuccessful after 10 minutes, then give yourself another wash and if the bleeding continues then please call our rooms or make your way to the emergency department at Toowoomba Base Hospital where there is an ENT surgeon on call 24 hours per day. There is a significant out of pocket cost if you present to St Vincent's Emergency Department (upwards of \$400).

How to use nasal douche

Please read instructions for use carefully. Before commencing to use Nasal and Sinus Wash you will need to boil 200 mL of water then allow it to cool until lukewarm. Do not use with boiling hot water.

1. Empty contents of one sachet into the squeeze bottle.
2. Pour previously boiled lukewarm water into the bottle to the line marked 'FULL'.
3. Place cap and tube onto the bottle and screw on tightly. Place finger over opening of cap and shake the bottle gently until the powder dissolves.
4. Lean or bend over a basin and place the cap gently inside the right nostril ensuring the tip is pointed towards the back of your head. Keeping your mouth open, gently squeeze the bottle in a pulsing action. Whenever the soft squeeze bottle needs to fill with air, remove it from



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the nose before you release your hand pressure. This prevents “suck back” and helps to keep the remaining solution clean.

5. Allow approximately half of the solution to wash through the nasal passages and sinus cavity and come out of the left nostril.
6. A small amount of the solution may enter your throat. This is not harmful.
7. Using the remaining solution, repeat this process in your left nostril.
8. If necessary, blow your nose when you have finished.
9. Discard any remaining solution you do not intend using within the next 2 hours.
10. Wash bottle, cap and tube thoroughly after each use and allow it to drip-dry.

https://www.youtube.com/watch?v=S4bV8XXQzew&t=76s&ab_channel=CarePharmaceuticals