

## SEPTOPLASTY/ TURBINOPLASTY POST OP INSTRUCTIONS



Cairns ENT Pty Ltd

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### DIET:

You can consume a normal diet but for the first 48 hrs do not have very hot or spicy foods or hot cups of tea or coffee to minimize the risk of bleeding (warm drinks ok).

### MEDICATION:

Take pain relief as required. It is normal to feel pain along the bottom end of the nose and the upper lip/ teeth. This usually settles over the first couple of weeks but can persist for several months in people that need a lot of bony work at the front of the nose.

Take prescribed antibiotics.

Start FLO saline nasal rinse the day after you leave the hospital. Use a full bottle on each side of your nose twice a day for 2 weeks.

### GENERAL:

Nose blowing can start the day after leaving the hospital after each FLO rinse, but do not blow one side at a time or compress the nostrils to blow as this generates a back pressure and can affect your result. Normal blowing can commence after 2 weeks.

Your nose will be blocked for the first week.

Showers should be warm (not hot) for the first week following your surgery and you should not have a bath so as to reduce the risk of bleeding.

It is normal to have some light blood mixed with mucous (and a lot of red mush the 1<sup>st</sup> few days – this is the packing) come from the nose or some old dark clots come out over the first 2 weeks. Larger amounts of bright red bleeding is not normal and your surgeon should be contacted.

Do not do any strenuous activity or exercise for the 2 weeks after your surgery. Alcohol should also not be consumed for this time period. Smoking is allowed but you should be aware that smoking has a significant effect on nasal function and healing and if possible should be avoided.

## **SEPTOPLASTY/ TURBINOPLASTY POST OP INSTRUCTIONS (cont.)**

### **No aircraft flight in the first 2 weeks.**

If any significant fresh bleeding occurs contact your surgeon either at the rooms (within hours) on 40510890 or via the switchboard at Cairns Base Hospital on 40506333 after hours. If it is profuse and you need to go to emergency make sure the emergency staff contact your surgeon before starting any treatment if possible. This will otherwise likely effect your surgical result long term.

### **FOLLOW UP:**

Make an appointment to see your surgeon in the rooms 2 weeks after the surgery. Please make an appointment don't just turn up. Contact 4051 0890.

If any non-urgent queries please contact the rooms on 4051 0890

Dr. Philip Jumeau  
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