

Endoscopic Sinus Surgery

Advice Following Surgery



Post operative medication: After surgery to your nose you will usually be prescribed the following medication:

- Naseptin Nasal Ointment – 1 application 3 times a day to both nostrils and to the incision/scar site.
- Sterimar Nasal Spray – 1 spray 3 times a day to both nostrils.
- Oral Antibiotics – 1 tablet 3 times a day for 7 days
- Nasal and Oral Steroids - The dose and regime will depend on your condition and specified on your prescription
- Pain killers (Paracetamol, Codeine, Ibuprofen) – please take these as prescribed.

Please take these medications and follow the advice below, this will help make your recovery more comfortable and prevent post surgery complications like excessive crusting, bleeding and infection.

Nasal pack: After surgery your nose may be packed with a dressing. This means you will not be able to breathe through your nose. It will leave you with a dry mouth. The packs used are usually dissolvable and will dissolve after a few days. However, we may need to use non-dissolvable pack. This will stay in overnight and is removed the following morning. Expect a small amount of bleeding which usually stops after a couple of minutes. Sometimes, the nose has to be repacked, but this is rare.

Swollen nose: You will find that your nose will feel quite swollen and your symptoms may be worse than when you came in. This is normal. It takes two or three weeks for the swelling to go down and for you to notice an improvement.

Blocked nose/nasal discharge: You will find that your nose will feel blocked for several weeks and there will be some blood-stained discharge and congestion from your nose for 2-4 weeks. This is quite normal. You will not feel the full benefit of your treatment until about 2 months after the surgery.

Bruising and swelling of eye area: You may have swelling and bruising around your eyes - **this is rare and may represent an emergency**, if your eyes become very painful and the swelling increases, **please contact us directly for advice.**

Pain: Your nose may feel tender and you may suffer a headache. This is normal as your nose will be congested for the next 2-3 weeks until the internal swelling has settled down. You will be given some painkillers to take home, Paracetamol and Codeine are typically provided, Ibuprofen may also be used if needed.

Things to look out for

- A persistent excessive and smelly discharge from your nose
- You feel feverish and unwell
- You find that your nose becomes increasingly painful and your current painkillers don't relieve the pain.

If you experience any of the above, we advise you to contact us immediately for advice (01494 267067), as you may have an infection and may need antibiotics. If infection is not treated, your nose may start to bleed and could negatively impact on the outcomes of your surgery.

Reducing risk of bleeding

For the first week following surgery, you are advised not to blow your nose or pick off any crusts as this may interfere with the healing process in your nose and may start your nose bleeding. If you need to wipe your nose, use a tissue rather than a cotton handkerchief as this reduces the risk of infection.

- Please try to avoid very hot baths and we suggest you drink warm instead of hot drinks for the first 48 hours after surgery. Drinking hot fluids will dilate the blood vessels in your nose and increase the risk of bleeding.
- Avoid alcohol for two weeks after the surgery.
- Avoid taking aspirin as it can affect your blood clotting and can increase the risk of bleeding.
- Try to avoid sniffing or sneezing for two weeks after surgery. If you do sneeze, try and sneeze with your mouth open to help lessen the pressure forced through your nose.
- You need to take care not to knock or bang your nose. Contact sports or any strenuous activity should be avoided until your nose has healed completely.

What to do if you have a nosebleed

If your nose starts to bleed, do not panic. Try to rest in a sitting position with your chin slightly down.

Use a cloth or tissue to apply firm pressure to the fleshy part of your nose and use a clock to time yourself. Continue to apply pressure for 10 minutes.

Suck an ice cube and apply an ice pack or a packet of frozen peas to the bridge of your nose or your forehead/back of neck.

Spit out the blood and try not to swallow, as it will make you sick.

If you are unable to stop the bleeding after 30 minutes, go to your local Emergency Department (A&E) or **call us directly (01494 267067)**.

Reducing risk of infection

- Avoid any smoky/dusty atmospheres for two weeks as this will irritate the inside of your nose.
- Avoid people with colds or chest infections for two weeks until your nose heals, as you will be at risk of catching an infection from others.
- For the next two weeks try to sleep with your head on two or three pillows when you return home. This will prevent your nose from swelling and improve the drainage.
- Your nose may feel blocked for several weeks. This may be caused by some crusting or clots inside your nose. Clearing this is important to help prevent infection and will aid your recovery. This is done by nasal douching with *Sterimar* spray (or *Neilmed Sinurinse*, which you can buy from any chemist). Follow the instructions provided. It is best to use this about three times a day to help remove the clots and debris that builds up in the nose after this surgery. Continue this cleansing until the crusts and debris cease to come away with this process.

Splint and Stitches

You will have a splint inside your nose and some stitches inside your nose. The internal stitches will dissolve within a few weeks. Sometimes there will be non-dissolvable stitches or splints inside your nose. These will need to be removed around 7-14 days following surgery – this is usually be done at your follow up appointment.

Returning to work

You will need approximately two weeks off work. If you need a sick certificate for your employer please ask before you leave the hospital.

Follow up

If you have an external dressing or splint on your nose you will be asked to attend Mr Qureishi's Outpatient clinic after around one week to have this removed, otherwise the first post surgery follow up is at 6 weeks. You may be given an outpatient appointment before you leave hospital, alternatively this will be emailed to you.

We wish you a speedy recovery and hope this leaflet has been useful.



Contact Details:

Secretary: secretary@aliq-ent.co.uk

Direct Dial: 01494 267067

www.aliq-ent.co.uk

The New Foscote Hospital, Banbury: 01295 252281

The Manor Hospital, Oxford: 01865 307777