

Septum and Sinus Surgery

Post-operative Instructions:

1. Avoid nose-blowing for one week following surgery until reviewed by Mr Walsh in the rooms. Do not fly for 2 weeks.
2. Sneeze with the mouth open.
3. Use a sinus rinse such as Nasal FLO (available over the counter in pharmacies) twice a day at least. Best used in the shower. Bend over and tilt the head to one side, allowing the fluid to wash up the uppermost nostril and drain out the lower one. Repeat for the other side. Some blood-stained material is to be expected.
4. If antibiotics or steroids are prescribed following surgery, please complete the course unless side effects are noted, in which case cease and contact Mr Walsh.
5. Avoid heavy lifting or physical activity for 2 weeks

What to Expect:

1. A small amount of bloodstained nasal discharge is normal and may persist for up to a week.
2. The nose will continue to feel blocked until all the swelling of the nasal lining resolves – often taking as much as six weeks.
3. Mild facial pain or headache is normal and best treated with over-the-counter paracetamol or ibuprofen.

Contact the rooms or Mr Walsh if:

1. There is a sudden flow of fresh blood from the nose.
2. Worsening pain, not controlled by over-the counter pain relief.
3. Any reactions to prescribed medications.
4. Redness or swelling of the eyes, nose or face.
5. Visual disturbance, severe eye pain or severe headache.