



## 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

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