

## Nasal/Sinus Surgery

### Post-surgery advice

- Your nose may be packed for the first day of surgery and packing will be removed by the surgeon the following day.
- Some blood-stained discharge from the nose is normal and expected during the first 2 weeks after surgery. The small gauze dressing placed under the nose collects this drainage and should be changed when it becomes soaked.
- If a plastic splint is present, it will be left inside the nose and removed at your next follow-up appointment. Spit out any blood that runs down from the throat.
- There may be some nasal/ sinus pressure and pain for a few days after surgery. Please take your pain relief medications as prescribed by the surgeon.

### Important To Note:

- Keep your head elevated with additional pillows – to keep pressure off the head.
- Avoid bending over, lifting, straining and coughing, blowing or sneezing through the nose, if possible, during the first week after surgery. If you have to sneeze, do it with your mouth open.
- Avoid any vigorous activities. Please check with your doctor for advice.
- Maintaining good nutrition after surgery will encourage proper healing. Start with liquids immediately after surgery and progress to soft and then a normal diet.
- You will start nasal irrigation 1 to 2 days after surgery. This must be performed at least twice a day and it will help to clear the debris and crust in your nose.

### How To Manage Your Bleeding:

- Tilt your head forward while sitting up.
- Apply an ice pack over the bridge of the nose.
- Breathe steadily through your nose and spit out any blood.
- Do not snort the blood through your nose as this will cause bleeding.
- If bleeding has not stopped after 15 minutes, please seek medical attention.

### When Should I Seek Medical Help?

Should you experience any of the following symptoms:

- Persistent bleeding
- Fever or chills
- Worsening pain
- Change in vision
- Severe dizziness and headache.
- Clear watery drainage from your nose.

Please contact our main line or head to your nearest Emergency Department.

## Alexandra Hospital

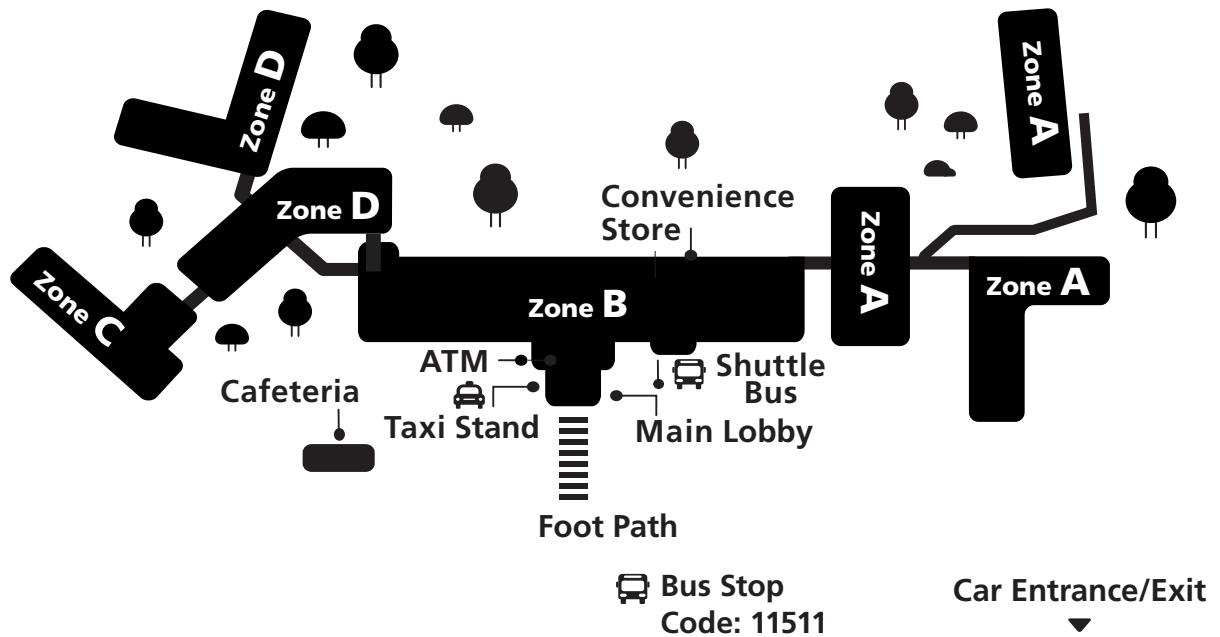
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