



Turbinoplasty

Date of Surgery _____

Post Op Appointment _____

Time Panadol last given: _____

The Recovery

The initial recovery from a turbinoplasty takes approximately one week. Its not a particularly painful procedure to recover from, however to prevent major bleeding on waking up, I do place dissolvable packing in the nose which will give you a blocked/ full sensation in the nose until its gone.

I like you to start using your nasal saline rinse twice daily starting on the 4th day after surgery (counting the day of the operation as day 1). After using this rinse please gently blow your nose and or snort down the back of the nose to try and clear out some of the retained clots and dissolvable packing material.

I will see you at approximately 1 week after surgery and clean out any residual dissolvable packing in your nose. From this day onwards your breathing should feel reasonably good, and will make continued improvements until 6weeks after surgery at which point the 'success' of the operation can be judged.

It is normal to have:

- blood stained mucous weeping from the front of the nose, particularly in the first 48hrs after surgery.
- clots of blood - which at times may work their way down the back of the nose into the throat.

Time Off

You will need 1 week off work.

I advise strictly no exercise/exertion for 2 weeks.

Please ask for a certificate if needed.

Diet

It is important to stay well hydrated. You can eat a normal diet.

Post Op Medications

Prescriptions will be individualised according to other health issues, age, weight and any allergies.

My typical prescription is for:

- 1) FLO sinus Rinse twice daily for 1 month commencing post operative day 4. Search on YouTube for "How to wash your Sinuses with FLO" for an excellent instructional video.
- 2) A Pain killer prescription will be provided by my anaesthetist typically for a regular anti-inflammatory. If you don't feel you need this then its fine to have just panadol or no painkillers at all.

Post Op Appointment:

This should be 1-2 weeks after your surgery and it is critical that you attend. There is no charge for this consultation. I will use a suction device to remove any residual dissolvable packing and ensure there is no problematic scarring developing.

Post Op Problems

Nausea

This is usually related to the anaesthetic, or to opiate pain medications (oxycodone, tramadol etc). It will normally pass within 12hours of the anaesthetic. If nausea is severe try to reduce strong painkillers - if this doesn't help please contact me and I can provide an anti-nausea wafer prescription or an alternative pain tablet

Bleeding. All patients will have minor amounts of bleeding after this kind of surgery. For most it will simply be streaks of blood, old clots of blood, or minor amounts of bright blood which will stop within a few minutes. Bleeding is more likely if you exercise before the 2 week mark, blow your nose aggressively, or don't use your nasal irrigation and allow your nose to become dry and crusted.

Approximately one in 50 patients will develop persistent active bleeding which doesn't settle of its own accord. If this occurs you will need to be seen in an emergency department where there is appropriate equipment and staff to deal with the situation.

If this is mild often observation only is needed.

If this is moderate I may place more packing in the nose with you awake in the emergency dept (or recovery room)

If this is severe a patient may rarely need to go back to the operating room or need a blood transfusion.

-In hours please call me via my office on 52218490

-After hours call me on my mobile 0425746617

-If I am unable to respond please

1) attend the Geelong Hospital Emergency

Department and the oncall ENT surgeon will become involved if necessary.

OR

2) call an ambulance on 000.

DO

Keep well hydrated

Use your Sinus rinse twice daily

Try to maintain a healthy and balanced diet

DON'T

Take blood thinning medications such as Aspirin, Plavix, Warfarin, Fish Oil unless discussed prior to your surgery

Exercise/exert yourself for 2 weeks