

# Ear, Nose & Throat Victoria

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## **WHAT TO DO AFTER FESS, SEPTOPLASTY AND TURBINECTOMY SURGERY**

- + Patients are usually required to stay in hospital overnight but sometimes arrangements can be made to leave hospital on the same day.
- + A normal diet can usually be tolerated within 24 hours.
- + Pain relief should be taken as required/prescribed. (Aspirin should not be taken).
- + Patients may need 7 to 10 days away from work or school.
- + Patients should avoid exercise or other strenuous work for two weeks following the surgery.
- + Sporting activities should not be undertaken for at least 2 weeks and no contact sports for six weeks after surgery.
- + Regular pain relief should be taken until the pain resolves (every 4 to 6 hours).
- + Your nose will be quite congested/blocked for 1-2 weeks after surgery and will then gradually clear
- + Some bleeding in the first four days is not unusual
- + There will be increased mucous discharge, especially in the first couple of weeks
- + Do not blow your nose for 4-5 days after surgery and then gentle blowing only for 2 weeks
- + Take medications as prescribed

**PATIENTS SHOULD NOT TAKE ASPIRIN OR ASPIRIN LIKE MEDICATIONS FOR TWO WEEKS AFTER SURGERY AS THIS MAY INCREASE THE RISK AND/OR SEVERITY OF BLEEDING.**

## **REPORT TO YOUR SURGEON**

Please call ENTV on **9895 0400** during office hours 9am to 5pm if you any of the following occurs:

- + Fever (temperature higher than 38 degrees) or chills
- + Heavy nose bleeds
- + Worsening pain in the nose, face or head
- + Dizziness or fainting
- + Any other concerns about the surgery or your recovery

**If you can not contact ENTV and are concerned please leave a message on 9895 0400 and present at the emergency department of Box Hill Hospital or St Vincent's Public Hospital and they will also alert your surgeon.**