

Post-Operative Care for Septoplasty, Turbinate or Functional Endoscopic Sinus Surgery(FESS)

After these procedures it is normal to experience mild bleeding and oozing from the nose for the first 12-24 hours after surgery. You can remove the drip pad placed below your nostrils once the oozing has stopped. Keeping your head elevated at night or while sleeping will help to reduce this oozing. You should also avoid hot liquids and foods as they tend to dilate the blood vessels in your nose and increase oozing.

Avoid heavy lifting or straining at all times for the first two weeks post surgery and if possible for 6 weeks. Flying or scuba diving should be avoided for 6 weeks, and please check with Mr Rockey prior to commencement of such activities.

Attend ED if your oozing requires more than 10 pads in 24 hours or if you experience brisk bleeding at any time. If you are worried, please contact the rooms on **03 5442 1150** or attend ED.

Mr Rockey uses dissolvable packs in your nose that take 10 days to disappear. You may notice a bit of blackish staining as these packs dissolve, so do not be alarmed. Alternatively Mr. Rockey uses a drug to stop bleeding (FLOSEAL)

Please place the prescribed drops for your nose onto the packs within your nose as prescribed.

Please schedule a follow-up visit in 14 days as directed.

Please do not hesitate to contact the rooms on **03 5442 1150** if you have any other concerns and they will contact Mr Rockey for you.