

Dr Rahuram (Ram) Sivasubramaniam

BSc (med) MBBS (hons) MS (ORL) FRACS (ORL-HNS)

Specialist Adult and Paediatric ENT surgeon

Fellowship trained Rhinology and Anterior skull base surgeon

POST OPERATIVE CARE: SINUS (FESS) SURGERY

Taking care of your nose and sinus following surgery is important and often necessary to get good and quick healing of you nose and sinuses. These medications (or script) will be given to you after your operation prior to your discharge from the hospital.



1. Saline Irrigation with squeeze bottle: (Flo or NeilMed Sinus rinse) *Start the day after your surgery, one wash each nostril – 3 to 4 times a day*

Nasal irrigations help to remove mucus, old blood and crusts and inflammatory products. This allows your nasal mucosa to heal effectively and quickly. High volume mild positive pressure irrigation is the most effective way to deliver solution to the sinus mucosa, compared to sinus sprays. You can irrigate more frequently but at least thrice a day.

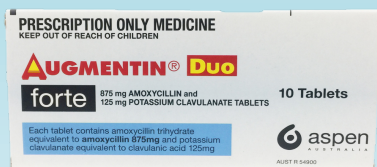
How do I use it?

With your head over the sink, place the black bottle tip firm against the nostril and squeeze the bottle firmly and gently. This should empty about half the bottle. Solution should flow out the other nostril. Repeat on the other nostril.



2. Antibiotic Ointment: pea-sized amount to both nostrils and any external wound, twice a day

Bactroban ointment is an antibiotic that kills infection-causing bacteria. You must make sure to use the **ointment**, *not* the cream. This will help with crusting at the front of your nostril following surgery.



3. Antibiotics (Oral): Helps to prevent sinusitis and infection following surgery

- Augmentin Duo Forte – One tablet – Twice a day for 10 days
- Other _____



4. Prednisone (Oral) : Steroid tablet that helps to reduce inflammation following surgery

- Prednisone 20mg - Daily for 7 days and then weaned off (Exact weaning off will be discussed with you)

5. Drixine Nasal Spray : Helps with bleeding following surgery

Only use if having troublesome oozing following surgery for the first 72 hours. Can use three sprays to both nostrils up to 3 times a day.

6. Pain relief : Regular use for the first 2-3 days then as required

Do not blow your nose. It's better to irrigate out any mucus or old blood.

If you bend down or strain, blood may come out of the nose from the small healing mucosal edges inside. Do not worry if this happens – no harm is done – but it is a sign to take things easier. If you do notice a **large volume** of bleeding, present to the **nearest hospital** and contact the rooms.

You will be followed up by Dr Sivasubramaniam in 7-14 days. If there are any major concerns, please call the rooms.

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