

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: TURBINATE SURGERY +/- ADENOIDECTOMY

Taking care of your nose following surgery is important and often necessary to get good and quick healing of you nose. 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 – 2 to 3 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.

IN UNABLE TO USE THE RINSES -> THEN USE FESS NASAL SPRAYS INSTEAD



2. 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.

3. Pain relief : Use only 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.

It normal to get a foul smell from the throat as the adenoidectomy heals. This is normal and the use of saline rinses or sprays will help to settle this down.

It is normal to feel like the nose more congested following the surgery due to the swelling post-surgery and this will settle with the healing of the tissues in the nose.

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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