

Mr J T Baker

Postoperative Instructions Patients Undergoing Nasal Surgery

Upon discharge from hospital you will be prescribed the following to go home with:

- Nasal douche (FLO or similar – to help dissolve nasal packing)
- NOZOIL (sesame oil to soften packing and reduce crusting)
- Antibiotics as directed
- Pain relief (often not needed – but provided just in case)

Day 1 Post Op all nasal dressing should be removed (you need access to both nostrils)

Boil water and let it cool.

Fill the flush bottle to the line and add a sachet of salt substance (provided).

Over the sink gently insert nozzle into your nostril and squeeze the bottle to flush both nostrils equally (initially it will feel like the water doesn't go in very far due to the packing at the front of your nose). Don't worry – with time it will pass right through.

Alternate flushes with 2 squirts of NOZOIL to both nostrils in between the salt flushes.

Do this at least 4 times per day initially, but the more you do the better. There is no upper limit for flushing and oil.

Continue high volume flushing/oil for the first 2 weeks then continue approximately 2 – 3 times per day for the 3rd and 4th week or until your review.

Take the antibiotics as prescribed (usually twice a day)

For the first 2 weeks:

No nose blowing

No exercising, lifting or straining. (Walking and normal activities are fine).

Sleep up on 2 pillows.

Avoid long hot showers (short warm are best) and have cooler food and drinks (not too hot).

After 2 weeks it's fine to begin gently nose blowing and slowly resume normal activities.