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WHAT TO DO AFTER SEPTOPLASTY & TURBINECTOMY/FESS SURGERY

- ✿ Patients can usually leave hospital on the same day or next day after surgery
- ✿ A normal diet can be tolerated within 24 hours
- ✿ Pain relief should be taken as required/prescribed (aspirin should **not** be taken)
- ✿ Patients may need 7-14 days away from school/work
- ✿ Patients should avoid exercise or other strenuous activity for two weeks following the procedure
- ✿ Sporting activities should not be undertaken for at least 2 weeks and no contact sports for 6 weeks after surgery
- ✿ Regular pain relief should be taken until the pain resolves (every 4-6 hours)
- ✿ Your nose will be quite congested/blocked 1-2 weeks after surgery and will then gradually clear
- ✿ Some bleeding in the first four days is not unusual
- ✿ There will be an increase of mucous/discharge, especially in the first couple of weeks
- ✿ Do not blow your nose for two weeks
- ✿ Take medications as prescribed

Patients **should not take aspirin-like medications** for two weeks after surgery as this may increase the risk and/or severity of bleeding.

A post-op appointment has been booked for your four weeks after surgery, which will be outlined in your surgery paperwork. If this appointment is not suitable, please contact our rooms on 9998 7418.

REPORT TO YOUR SURGEON

Please call your surgeon on 9998 7418 during the office hours of 9am to 5pm if 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 cannot contact your doctor and are concerned, please leave a message and present to an Emergency Department.