



Mr. Adnan Safdar MBBS. FRCS., FRACS (ORL-HNS)

DISCHARGE INSTRUCTIONS SEPTOPLASTY/ TURBINECTOMY/ RHINOPLASTY DISCHARGE INFORMATION

Septoplasty is an operation to repair damage or deformity of the septum. The septum is the bone/ cartilage which divides the nose.

Turbinectomy is an operation to remove part of the lower of three turbinates from the nose.

Rhinoplasty is an operation to reshape the nose and can involve bone and cartilage.

Complications following either of these operations are uncommon. However you should be aware of the following:

1. **Bleeding** : can occur after this operation. For this reason you may have packs inserted into your nose. There are two types of packs. If dissolving packs are used you will go home with these in. They will gradually dissolve over a period of three to four days. Occasionally these packs may fall out before they have fully dissolved. If this happens do not be alarmed. Non-dissolving packs are removed the morning after your operation. If there is no bleeding after they are removed you will be able to go home. However you should be aware that bleeding remains a risk for up to two weeks after discharge. If you develop a nose bleed apply continuous pressure to the bridge of the nose for ten minutes. Place some ice in your mouth to suck. If bleeding does not stop after 10 minutes you should immediately go to nearest emergency department. If you are alone and this happens call 000 and ask for an ambulance.

There are a number of things you can do to reduce the risk of bleeding.

1. Gentle nose blowing only
2. Follow instructions with nasal sprays and rinses as these help to keep the nose clean and minimize bleeding
3. Limit activity for the first 3-5 days after your operation
4. Avoid sport and swimming for at least 2 weeks
5. Avoid hot food and drinks for the first 3-5 days
6. If you have to sneeze, sneeze with your mouth open

Infection

This is an uncommon adverse event after this surgery. Signs of infections are : fever, headache and generally feeling unwell. You will be given a course of antibiotics on discharge.

Pain

Is common after nose operations. It is important that you take your discharge medications as instructed. If these tablets are not working you should see your local doctor. Pain at the front of the nose may take several weeks to resolve as this area is very sensitive.

Sprays

After this operation you will be given sprays to help minimize crusting in the nose. These can be in the form of rinse bottle or sprays. Please take them as directed and use for the specific length of time. If you run out, more can be bought at your local chemist. You will do no harm by using more sprays but lack of spray use can lead to adhesions and scar formation which may require further surgery.

Splints

These are sometimes used to prevent adhesions forming between operated areas of the nose. They are not used in every operation. They are plastic and held in place by a stitch. They are removed at your first post-op check up within 2 weeks of your operation. Once splints are removed patients find it much easier to breath.

In Case of an Emergency Mr. Safdar can be contacted via the switch board at St John Of God Hospital on 03-9709 1414 or Maryvale Private Hospital on 03-5132 1200 or alternatively contact Casey Hospital, Berwick switch board on 03-8768 1200 and ask for the ENT registrar. Our Rooms Phone Number is 03-9769 3930 and we are open Weekdays 9 am to 5 pm.