

Post-operative nose & sinus care

Looking after your nose and sinuses can greatly improve your recovery. Ongoing topical care may also be necessary to assist in returning your nose and sinus back to health.

1. Saline Irrigation with squeeze bottle: start the day after your surgery, one wash twice a day
 Nasal irrigations help to remove mucus, old blood and crusts, inflammatory products, fungus, and bacteria, which can irritate the sinus lining (mucosa)¹. High volume positive pressure irrigation is the most effective way to deliver solution to the sinus mucosa². Simple nasal sprays only reach the lining of the nasal cavity³. Nebulizers, inhalations, pressurized sprays and other forms of delivery are less effective⁴. You can irrigate more frequently but at least twice 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. This should empty about half the bottle. Solution should flow out the other nostril (see picture). Repeat on the other nostril. Please use the squeeze bottle and not a pump or pressurized spray. You can use it more than twice a day if it helps clear secretions.



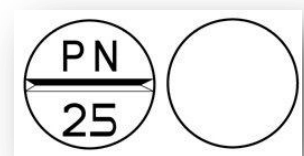
2. Antibiotic Ointment: pea-sized amount to both nostrils and any external wound, twice a day

Bactroban ointment is an antibiotic that kills infection-causing bacteria. It is especially effective against Staph aureus bacteria. You must make sure to use the **ointment**, *not* the cream.



3. Other medicines that might be required

<p>Augmentin Duo Forte- oral antibiotic tablet An antibiotic effective against common bacteria in the sinus. Helps to prevent sinusitis and infection after surgery. An alternative will be given if you are allergic to penicillin.</p>	<p><input type="checkbox"/> Twice daily/10 days <input type="checkbox"/> Alternative (if you have a penicillin allergy)</p>
<p>Prednisone- oral tablet Prevents and reduces inflammation after surgery. Take in the morning. A/Prof Harvey will discuss reducing the dose & coming off this medication at your post-op visit</p>	<p><input type="checkbox"/> 25mg daily until first post-op visit. <input type="checkbox"/> Not required</p>
<p>Drixine- nasal spray Useful in in the first 72 hours if there is troublesome bleeding/ooze</p>	<p><input type="checkbox"/> 2-3 sprays after irrigation ONLY IF REQUIRED in the first 72hrs <input type="checkbox"/> Do not use</p>
<p>Pain relief</p>	<p>Regular use for 48-72 hours then as required</p>



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

5. 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.

6. A/Prof Harvey will see you 7-21 days after surgery. Please call us at the Clinic over the next week to confirm a time. If you have any concerns please call us at the Clinic, or via the Hospital.

Clinic 02 9360 4811 Hospital 02 8382 7111.



1. Harvey R, Hannan SA, Badia L, Scadding G. Nasal saline irrigations for the symptoms of chronic rhinosinusitis. *Cochrane Database of Systematic Reviews*. 2007(3):CD006394.
 2. Harvey RJ, Schlosser RJ. Local drug delivery. *Otolaryngol Clin North Am*. Oct 2009;42(5):829-845, ix.
 3. Harvey RJ, Goddard JC, Wise SK, Schlosser RJ. Effects of endoscopic sinus surgery and delivery device on cadaver sinus irrigation. *Otolaryngol Head Neck Surg*. Jul 2008;139(1):137-142.
 4. Wormald P-J, Cain T, Oates L, Hawke L, Wong I. A comparative study of three methods of nasal irrigation. *Laryngoscope*. Dec 2004;114(12):2224-2227.