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). High volume positive pressure irrigation is the most effective way to deliver solution to the sinus mucosa. Simple nasal sprays only reach the lining of the nasal cavity. Nebulizers, inhalations, pressurized sprays and other forms of delivery are less effective. 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**

<table>
<thead>
<tr>
<th>Brand Name</th>
<th>Dosage &amp; Duration</th>
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<tbody>
<tr>
<td>Augmentin Duo Forte- oral antibiotic tablet</td>
<td>Two daily/10 days</td>
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<tr>
<td>Prednisone- oral tablet</td>
<td>25mg daily until first post-op visit</td>
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<tr>
<td>Drixine- nasal spray</td>
<td>2-3 sprays after irrigation ONLY IF REQUIRED in the first 72hrs</td>
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<tr>
<td>Pain relief</td>
<td>Regular use for 48-72 hours then as required</td>
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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.