

Nasal/Sinus Surgery

Post-operative Information



The Department of Ear, Nose & Throat (ENT) - Head & Neck Surgery provides a wide range of surgical services for adult patients with ENT, head and neck diseases. Patients are referred from polyclinics, general practitioners, emergency services or transferred from other departments within the Ng Teng Fong General Hospital or other healthcare facilities, including nursing homes, community and other hospitals. Our team of highly-trained ENT-Head & Neck surgeons and allied healthcare professionals aim to provide the best possible care to our patients.



What to expect after surgery

- It is normal to observe some blood-stained discharge for the first three to five days after a sinus surgery, especially after you irrigate your nose.
- If steady bleeding occurs after surgery, breathe through your nose gently and dab it with a tissue. Avoid blowing your nose.
- If bleeding persists, you may use a decongestant nasal spray and pinch your nose for a few minutes. This usually stops any bleeding. Proceed to the Emergency Department if bleeding continues.
- Keep your nostrils and the area below them clean by gently cleansing them with a wet cotton bud. Apply the antibiotic ointment at the nostril area to reduce crusting.
- Avoid aspirin for two weeks after surgery as this drug can cause bleeding.
- You will start nasal irrigation two days after surgery. This must be performed at least twice a day. At first it will feel strange if you have not done it before. However, it will become quite soothing as the debris and crust in your nose is removed.

Diet

Maintaining good nutrition after surgery helps you to receive proper healing. Start with liquids immediately after surgery and progress to soft and then a normal diet. Avoid spicy and deep-fried food for the first week after surgery.

Activity

Sleep or rest with your head slightly elevated by using two pillows for the first two to three days after surgery. This helps to reduce the amount of swelling that may occur.

Avoid bending over, lifting, straining and coughing, blowing or sneezing through the nose, if possible during the first week after surgery.



Post-operative care

Some blood-stained discharge from the nose is normal and expected during the first three to five days after surgery. The small gauze bandage placed under the nose collects this drainage and should be changed as it becomes saturated. If nasal packing or a plastic splint is present, it will be left inside the nose and removed at your next follow-up appointment.

Please visit the nearest Emergency Department immediately if you experience persistent bleeding from the nose or have a fever that is higher than 38.5°C.

For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

General enquiries: 6716 2000 Fax: 6716 5500

www.juronghealth.com.sg

Clinical and appointment line hours (closed on Sundays and public holidays)

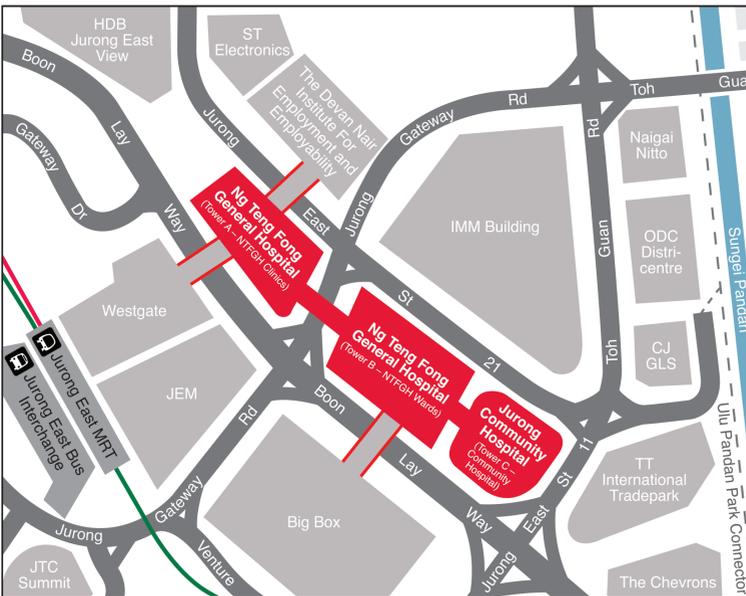
For appointments, please call 6716 2222

Monday - Friday 8.00am - 5.30pm, Saturday 8.00am - 12.30pm

For dental appointments, please call 6716 2233

Monday - Thursday 8.00am - 5.30pm, Friday 8.00am - 5.00pm

Getting there



By train

Jurong East MRT Station

By bus

From Jurong East Bus Interchange

SBS 51, 52, 66, 78, 79, 97, 97e, 98, 98M, 105, 143, 143M,

160, 183, 197, 333, 334, 335, 506

Along Boon Lay Way

SBS 99, Private bus service 625

Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.