

POST OP PACK:

For all Sinus/Septal/Rhinoplasty/Turbinate surgeries, please commence using these three products the day after your surgery.

1. **SinuGator** – Prepare the saline solution as per the instructions in the packet. **The SinuGator is to be used twice daily until your review appointment following your surgery.**

You can purchase extra sachets from the Discount Drug Store opposite the Mater Hospital (the equivalent product is FLO Sinus Care sachets).

2. **Nasamist** – Is a humidification and moistening agent which is to keep the nasal cavity moist following your surgery. It can be used whenever the nose feels blocked or congested.

You can purchase extra bottles of this from the pharmacy at the Mater Hospital or the pharmacy opposite the Mater Hospital (the equivalent product is Sterimar).

3. **FLO Rapid Relief** – Is a nasal decongestant which causes the nasal vessels to constrict. It is useful in the postoperative period to guard against bleeding and to improve the congestion which can be experienced following the surgery. It is to be used three times a day for the first seven days. Following the first seven days, only use when there is bleeding from the nose.

Any other prescription medications are to be taken as instructed by the pharmacist label (pain medication, antibiotics etc).

This is a post-operative care pack recommended by our doctors. Please leave the pack at home as you will not need it until the day following your operation.

If you require any further information, please do not hesitate to contact the rooms on (07) 4942 0421.

POST OPERATIVE NOSEBLEEDS

In the unlikely event that you suffer from a post-operative nosebleed (epistaxis), please follow the below steps.

1. **DO NOT panic** – The more anxious and worried you become the worse the nose will bleed. It is important to remain calm, sit down and remain upright. You can pinch the soft part of your nose to try to get the blood to clot
2. Place an ice pack on the back of your neck and put some ice in your mouth. This will reduce the blood flow to the nose and help to settle the bleeding
3. Spray 3 sprays of the “Flo Rapid Relief” nasal decongestant spray into each nostril. This will cause the blood vessels in the nose to constrict and reduced/stop the bleeding
4. With your Sinugator, prepare one quantity of saline solution but instead of room temperature water, use lukewarm water (38-42 degrees). Warm water causes the blood vessels in the nose to constrict, and this final step should stop the bleeding
5. If the bleeding continues repeat steps 3 and 4. If this fails, please seek further assistance
 - During business hours; contact Mackay ENT for advice/review
 - Afterhours please attend the Mackay Base Hospital Emergency Department