

## POST SURGERY ADVICE

### You Will:

- Experience some ooze in the first 1- 2 days and congestion
- Feel tired to a variable degree after anaesthesia
- Need to rest and not over exert yourself in the first few days

### You May:

- Sniff to clear nasal secretions immediately and blow your nose gently after 3 days.
- See a difference in your nostril shape from day to day (swelling)
- Have some throat discomfort, more than the nose
- See swelling/bruising under your eyes (use a fridge temp. cool pad)
- Feel the need to sneeze- let it happen with your mouth open.
- Use the antiseptic spray to clean your upper lip and base of your nose gently with a bud.

### You Must:

- Use the ointments and drops which were dispensed for you
- Sleep slightly head up for 72 hours
- Avoid putting tissues, buds and fingers into your nose to try and clear crusts- just apply the ointment regularly via the nozzle and to any stitches and in your nostrils as directed.