

After discharge advice - Post Operative Care

1. Your nose will continue to be blocked for a few days due to swelling, blood clots and crusting.
2. You will expect some blood stained mucous discharge from the nose for the next few days to a week.
3. During the first week after the operation you should rest at home and avoid contact with people suffering from colds, coughs or other infections.
4. Do not smoke or visit crowded places such as shopping centres and cinemas. You will be given medical leave until the next appointment with your doctor.
5. If you experience any heavy bleeding from the nose or the throat, you must come to the hospital immediately.

Dr. D. S. Deenadayal, MS, DLO
Specialist in Ear, Nose and Throat Diseases &
Head and Neck Surgery

E-mail: aarticlinic@yahoo.com

For Appointments Call: 27712700
Between 10 am and 7 pm on weekdays

Timings

	Yashoda Hospital	Aarthi Clinic
Monday	10 am to 2 pm	4 pm to 7 pm
Tuesday	Surgery	Surgery
Wednesday	10 am to 2 pm	4 pm to 7 pm
Thursday	10 am to 2 pm	4 pm to 7 pm
Friday	Surgery	Surgery
Saturday	10 am to 2 pm	4 pm to 7 pm

AARTI CLINIC

CENTRE FOR MICRO SURGERY
ENDOSCOPIC SURGERY COSMETIC
SURGERY AND HEAD AND NECK SURGERY

Nasal & Sinus Surgery



9-1-193, St. Mary's Road (Opp. Prashant Theatre)
Secunderabad-500 003, A.P.
Ph: 40-27712700 Fax: 040-27704460.

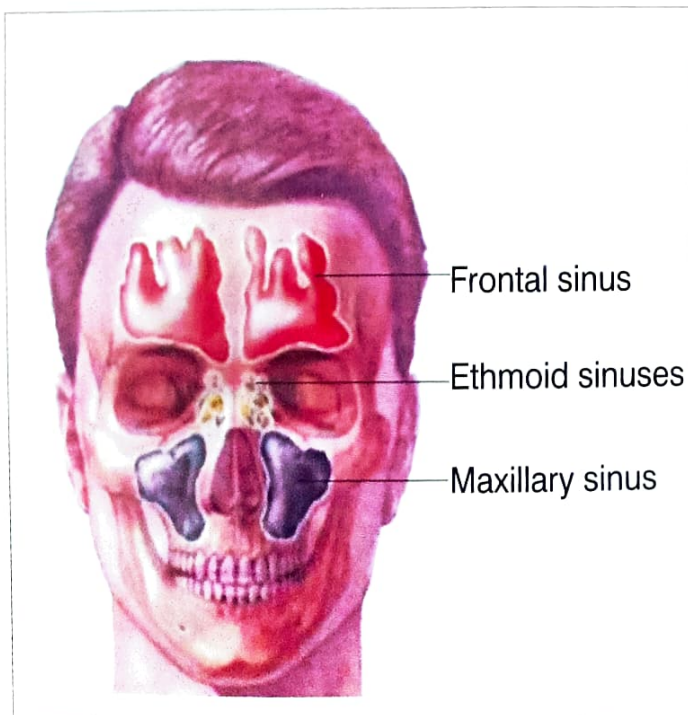
Nasal and sinus surgery your questions answered

My nose is often blocked. Is it all right for me to breathe through my mouth?

The nose is the first part of the breathing passage. When it is blocked, you need to breathe through your mouth instead. But you will then experience dryness of your mouth and may even have an irritating throat.

Why is my nose often blocked?

There are several causes of nasal obstruction. The common causes are: rhinitis, sinusitis, nasal polyps, enlarged turbinates, deviated nasal septum and nasal allergy. There are different ways of treating nasal and sinus disorders. When surgery is indicated, your doctor will advise you about it.



What can I expect after the operation?

1. Soon after the operation you will have a blocked nose due to the nasal packs. The packs will be left in the nose for 24-48 hours. This is to prevent bleeding.
2. You are advised to breathe through the mouth and not to pull out the packs. You will have a mild headache, watering of the eyes and dryness of the mouth.
3. To make you feel more comfortable you will be given mouthwashes and oral medications. You may wish to take frequent sips of water or ice chips to soothe your dry mouth. After a few hours you will be allowed a drink of water. It is unlikely that you will want to eat until the next day.
4. One or two days after the operation, your packs will be removed by the doctor. Once the packs are removed, you are advised as follows:
 - Do not take any hot drinks within an hour.
 - Continue to breathe through your mouth.
 - Do not blow your nose
 - If you have to sneeze or cough, do so with your mouth open
 - Do not tamper with your nostrils
 - Instil nose drops as prescribed.
5. The doctor will see you each day and before you are discharged, which is likely to be two days after your operation. Before you go home you will be given an outpatient appointment and any medications, which you need to take.