



## Mr. Nalaka de Silva

FRACS B Med

Ear Nose and Throat Surgeon

PENINSULA PRIVATE HOSPITAL  
Suite 4, 525 McClelland Drive,  
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### Education

google: GPENT

Prior to any surgery it is important that necessary precautions are taken to minimise the risk of operative bleeding as well as of general anaesthesia. Following are some important pre operative instructions.

- 1) If you or any blood relatives have tendency to bleed or bruise excessively, please notify the surgeon.
- 2) Disclose all significant medical illness to the surgeon and the anaesthetist. By doing so the doctors are able to determine your anaesthetic risk, and do appropriate pre operative investigations and optimise your medical treatment. If there is a need your surgeon may get other appropriate specialists involved for the pre operative work up.
- 3) If you are a smoker, you must stop smoking for up to two weeks prior to surgery. If you have addiction to pain killers, opiates, any pain syndrome or drug addiction please inform your surgeon.
- 4) If you take blood-thinning medications such as Warfarin, Aspirin or Newer anti platelet medications, these need to be disclosed to the surgeon. The surgeon will ask you stop these for 10 days if it is safe to do so, after consultation with your physician. The surgeon may cancel surgery if the risk of stopping such medications is too high.
- 5) There is potential of certain dietary supplements, including garlic, Ginkgo =biloba, ginger, ginseng, glucosamine fish oil, and vitamin E, to interfere with hemostasis. These and any other supplements should also be stopped well in advance.
- 6) Practical matters: Organise sufficient assistance at home. Stay with close proximity to a hospital. Ensure you have some one to drive you to emergency, incase of a bleed. Have access to a phone. **Do not plan travel for at least four week following surgery.**
- 7) If you become unwell prior to surgery, please notify the surgeon

Also read the printed surgical information sheets given. If you have any concerns or wish to speak to your surgeon please contact the reception.





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# Sinus Surgery Instructions

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## Pre Operative

Ensure you have printed films, which you will need to bring on the day (not a CD)  
Ensure you have received pre operative steroids and antibiotics (not necessary for septoplasty/ turbinate surgery alone)

Do regular rinsing and sprays to optimise your nasal condition prior to surgery

## Post Operative

### 1) Post operative Rinsing/ Sprays

Rinsing becomes the single most important thing to keep your nose clean and void of clots. You must start rinsing 3-4 times a day with Saline. After splints come out you may get other rinses. (ie Pulmicort mixed rinses twice per day). After 4 weeks you may reduce the Pulmicort as determined by you surgeon. Not irrigating may affect the final outcome of your operation. Bring your bottle with you to the first follow up appointment.

### 2) Bleeding.

If you bleed or leak fluid please go to the closest hospital ED-Frankston or Monash (**not the Private Hospital**) and also contact the surgeon. avoid long hot showers or heavy exercise until advised by the surgeon.

3) If fever, head aches, stiff neck- rare complication of meningitis must be excluded. Must go to closes ED and ask them to contact the surgeon

4) Stay close proximity to the hospital even up to four weeks after surgery. Generally is safe to go to school/ Work after two weeks, but NOT Camping!!

### 5) Splints.

It is common to have splints in if you have had septal surgery. These generally come **out 7 days** later. You need to be on antibiotics with saline sprays to the nose to prevent infections.

### 6) Post Sinus Medications.

Usually you will be given pain medications, antibiotics as well as steroids. You will also be given nasal rinsing and sprays as described above. Use this diligently

### 7) Followup.

If you have a splint, your surgeon will see you in one week to remove this, otherwise review in two weeks is the normal practice. You will have regular suctioning and re-views over several weeks, until the surgeon is happy that crusting and bleeding has completely settled. Bring your rinse bottle to the first post op clinic.





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# Sinus: Consent For Your Surgery

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Informed consent is a process of finding out information about the recommended treatment, alternative options and weighing up the benefits and risks involved. However it is not an exhaustive list of every single possible complication.

### Consent Covers

- The diagnosis and likely outcome (prognosis) of your condition
- An explanation of the recommended treatment
- The risks of the procedure and common side effects
- Possible complications
- Specific details of the treatment; for example, where it will be performed and who will perform it
- Any other options for treatment and their probability of success.

You would also be provided with an official handout about surgery, which you will be required to read and understand. If you have any specific matters which you like to further discuss you are requested to contact the surgeon and make another appointment prior to surgery. You have the right to cancel surgery if you wish to do so.

Summary of the risks and complications of sino-nasal surgery which your surgeon has discussed with you include the following

- 1) Pain with any surgery and extremely rare chronic pain
- 2) Infection/ rare cosmetic change
- 3) Bleeding, very rare risk of a major vessel damage or a life threatening bleed.
- 4) Continuation/ recurrence of symptoms (about 20%)
- 5) Perforation-hole in the septum- whistling/ crusting
- 6) Numbness, altered sensation, pain.
- 7) Skull base injury-brain fluid leak, meningitis-rare life threatening event
- 8) Bruising of the eye, tear duct damage
- 9) Extremely rare risk to vision- double vision, blindness, tearing-tear duct damage
- 10) Need for future surgery (about 20%)
- 11) Altered smell/ taste
- 12) Anaesthetic risk: will be discussed by the anaesthetist





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## Sinus: Checklist

YOU HAVE RECEIVED THE FOLLOWING CLINICAL INFORMATION

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YOU HAVE RECEIVED THE FOLLOWING CLINICAL INFORMATION

- 1)Surgical Information Pack - Pre Op, Post Op and Consent
- 2)Printed surgical information sheet with details
- 3)Multimedia video clip
- 4)Hospital Admissions Form  
Patient to complete and return to the selected hospital
- 5)Confirm Theatre Admission with the selected Hospital
- 6)Information about the process on the day
- 7)Patient to contact the surgeon if you have any further questions, after reading through all of the information.

For Private Patients

- 8)Quote for Theatre Procedures. A deposit will be required 5 days prior to confirm your place in theatre. This is **non refundable and non transferable**. It is advised that you contact your health fund and confirm that your procedure is covered prior to payment of the deposit.
- 9)Anaesthetic Services Fee and Booking Form  
Patient to complete and return to Anaesthetic Service

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Patient's Signature

-----  
Signature of the Collector

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Date

