

Dr Mark Courtney MB ChB, FRACS (orl-hns)
Paediatric and Adult
Surgery of the Ear, Nose and Throat, Head and Neck



John Flynn Hospital – Suite 6a, Fred McKay House, 42 Inland Drive, Tugun, QLD 4224

Provider number: 2733814F (John Flynn)	www.drmarkcourtney.com	Phone:	07 5630 2600
Provider number: 273381TF (Robina)			
Provider number: 2733816B (Ballina)	www.queenslandrhinoplasty.com.au	Fax:	07 5601 0052

Patient Information Sheet: RHINOPLASTY

- The nose may feel blocked for two weeks, it is expected and secondary to the swelling.
- Initially there may be some pain but Paracetamol/Panadeine and/or Celebrex should be enough to settle this.
- There may be some bleeding from the nose and crusty discharge, but this should improve over the first week.
- You may sometimes notice pieces of stitch/suture come from the nose, this is normal and expected to happen as the suture dissolves.
- Saline irrigation of the nose three times each day for the first week and then twice daily until the follow-up appointment is essential to get good healing of tissue in the nose. This is done with either the “FLO” or “SINUS RINSE” or mixed up using a formula (1 tsp of salt, ½ tsp of baking soda in 600ml of warm water and 100ml flushed through each side of the nose). Long term daily saline irrigation i.e. once daily is useful.
- Sometimes antibiotics are used after the operation.
- The external cast and/or sutures if used, will stay on the nose for one week and be removed at the post-op appointment.
- No injury or trauma should occur to the nose for 6 weeks, as this is how long it takes for the cartilage/bones to unite.

Follow-up at Dr Courtney’s rooms should be done six to ten days after the operation, usually a Friday, please ring and book this.

In a post-operative emergency, do the following depending on the degree of urgency:

- 1 Present to either John Flynn Hospital or Gold Coast Hospital or The Tweed Hospital Emergency Department where either myself or another ENT surgeon is on call 24 hours a day, 7 days a week. **OR**
- 2 Call my rooms, if during working hours 07 5630 2600. **OR**
- 3 Present to the closest Emergency Department where the problem can be stabilised, but there may not always be an ENT surgeon on call, and they may need to transfer to another hospital after the Doctor at the department has spoken to me. **OR**
- 4 Call an ambulance.