

Nasal and Sinus Surgery

The Procedure:

Nasal and sinus surgery are performed as an inpatient procedure under general anaesthetic and can take anywhere from 45 minutes to several hours to complete, depending on the circumstances and specifics of the planned surgery. Following the procedure, you may remain at the hospital for several hours or overnight if admitted.

Pre-operative Instructions and Restrictions:

In the days preceding surgery, you may take paracetamol (Panadol), prescribed antibiotics, or an over the counter cold medicine as long as it does not contain aspirin or ibuprofen. Please notify your doctor if there is a family history of bleeding tendencies or if you tend to bruise easily.

The following should not be ingested within 14 days of your surgical date:

- Aspirin (including Pepto-Bismol)
- Ginkgo Biloba
- St. John's Wort
- Omega-3 fatty acids (fish oil)

The following should not be ingested within 7 days of your surgical date:

- Anti-inflammatory medications (Naproxyn, Aleve, Celebrex, etc.)
- Ibuprofen products (Advil, etc.)

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