

Dr Mark Courtney MB ChB, FRACS (orl-hns)

Paediatric and Adult

Surgery of the Ear, Nose and Throat, Head and Neck

ABN: 12258861995

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



FRACS

Fellow of the
Royal Australasian College of Surgeons

Provider number: 2733814F (John Flynn)

Rooms: 07 56302600

Fax:

07 56010052

Provider number: 273381WL (Robina)

Provider number: 2733816B (Ballina)

Web: www.drmarkcourtney.com

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 at six to ten days after the operation, usually a Tuesday, please ring and book this.

In the case of an emergency post operatively do the following that best fits the degree of urgency:-

1) Present to either John Flynn Hospital or Gold Coast Hospital or The Tweed Hospital emergency department where there is either myself or another ENT surgeon on call 24 hours a day 7 days a week.

or

2) Call my rooms, if during working hours 07 56302600.

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, once the doctor at the department has spoken to me.

or

4) Call an ambulance.