

# Cautery of inferior turbinates or nasal vessels

## Pain management

- Give either paracetamol (Panadol) or ibuprofen (Nurofen) for pain if required, as per manufacturer's instructions.
- Next dose of paracetamol can be given at \_\_\_\_\_.
- Next dose of ibuprofen can be given at \_\_\_\_\_.
- Do not give any medicine with paracetamol in it more than four times in 24 hours.
- Do not give any medicine with ibuprofen in it (e.g. Nurofen) more than three times in 24 hours.

## Directions

- Nose will be blocked and runny like a cold.
- You may see white material in the nose. This is waste tissue from the surgery called slough (pronounced "sluff") and should not be removed.
- Discourage nose blowing until after post-operative check-up.
- Wipe nose gently no sniffing

## Medications

- Petroleum jelly ointment (e.g. Vaseline) may be applied under the nose to prevent dryness and/or to the upper lip to prevent mucous irritation.

## Advice following an anaesthetic

### Food and Drink

- When your child is tolerating clear fluids, gradually increase the amount they are being given.
- When your child is hungry, a light diet is recommended. Avoid greasy or fatty foods.
- A normal diet can be resumed the day after a procedure.

### Vomiting

- If your child vomits, give nothing for half an hour, then start sips of clear fluids. Gradually increase the amount being given when your child is tolerating fluids.
- Seek medical advice if vomiting continues.



## Directions

- Seek medical advice if your child has problems passing urine.
- A responsible adult must stay with the child for at least the first 24 hours after a procedure.

## Contact Details

If you have any concerns after your child's discharge from hospital, please phone 6456 2222 and ask for the Surgical Short Stay Unit between 7am and 9pm, Monday to Friday. After these hours ask for Ward 4B or contact your GP.



Government of **Western Australia**  
Child and Adolescent Health Service

**This document can be made available in alternative formats on request for a person with a disability.**

### **Child and Adolescent Health Service**

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