

Guidelines for invasive-diagnostic procedure aftercare

ENT - polyps

1. The entirety of the day of surgery will be spent in bed at the clinic. Sitting and necessary visits to the restroom are allowed. However, a nurse will attend to you during the first 12 hours after the surgery.
2. You will spend the first 12 hours after the surgery in the clinic. After 12 hours, you can return home, and we urge you to have a confidant or nurse to assist you at home for the next 72h. We also advise that you have a driver and a car within proximity / access. Any adverse reactions to the surgery or post-surgery medical conditions will be addressed and treated immediately by our physician or the doctor on duty. If, in the case of sudden and/or worsening health conditions you cannot reach our physician, doctor on duty or the surgeon's assistant, you should immediately seek emergency medical support by dialling 112.
3. It is suggested that you regulate your meals within the first 12 hours post-surgery and prioritize easily-digestible nutrients. Drink plenty of fluids.
4. Depending on the nature of the surgery **swelling and bruises** may occur in the facial area. Swelling might increase on the second day post-surgery. **Expect minor bleeding** within the first 12 hours post-surgery. Also, in the case of nose surgeries, we use internal splints for support, composed of different materials. We also use drainage and support from synthetic materials. These will help stop the bleeding and protect the wounds.
5. **All kinds of physically demanding activities are forbidden within the first 2 weeks due to high risk of bleeding.** Stay calm at home.

You should start feeling better around the 3rd day after surgery. If the healing process in the traumatized area of your body seems to stop or adverse reactions seem to occur / increase, inform the clinic immediately. Anything in your lifestyle that increases the pain or prevents healing of the wounds is forbidden. Avoid hanging your head upside down as this may cause further swelling in the nose.

6. You may take a shower on the 3rd day after the surgery, but do not wash your head. Do not remove scabs by scratching or blowing your nose, as this can cause bleeding and deformations. Scabs will disturb breathing. You can dissolve them by using nasal ointment and Humer. More instructions and remedies will be given by the clinic
7. **Do not smoke** during the first 14 days after the surgery, as it can delay or obstruct the healing process.

- 8. Sunbathing (also solarium), sauna, vigorous physical activity and alcohol** may cause adverse effects during the process of cicatrisation. Excessive scar tissue may form as a result. The risk period lasts for about half a year. The first month post-surgery is particularly important, during which the aforementioned activities, as well as swimming in pools and using public showers is strictly forbidden.
- 9. Avoid hobbies and sports that could cause nose injuries for 1 month. In case of an injury contact the clinic immediately.** 2 weeks after surgery one may go back to work or school.
- 10.** Communication between you and the clinic can help us resolve your problem effectively. Make sure you are easily reachable during the post-surgery period and come in for a follow-up visit on the 2nd week and the 2nd month. If your contact information changes, you must report the change to the clinic.