

RHINOKLINIKKEN

SPECIALLÆGEKLINIK FOR AVANCERET NÆSE- OG BIHULEKIRURGI

Surgery under general anesthesia

Medicine

On the day of surgery, you should take the medication you are using, unless otherwise agreed with the anesthetist or surgeon.

If you suffer from asthma, epilepsy or some other disease please bring your medicine on the day of surgery.

If you take fish oil pills/Omega3/6/9, you must stop this 2 weeks before the planned surgery, as these are blood thinners.

Basic rules

It is important that your stomach is empty when in full anesthesia. The reason is that if food or gastric juice enters the lungs it can cause serious complications.

You may eat and drink up to 6 hours before the meeting time for surgery. You may drink water, lemonade and soda up to 2 hours before the meeting time for surgery. Milk products, protein powder, Nupo or similar products count as food and must be consumed at least 6 hours before the meeting time for surgery.

For safety reasons your surgery will be cancelled if the above is not complied with.

You may eat gum and smoke (smoking is not recommended and should be paused for as many days as possible before surgery) and brush your teeth until 2 hours before the meeting time for surgery. If you have an alcohol consumption of more than 4 items daily, it must be stopped 1-2 weeks before the operation in collaboration with your own doctor. Tip: It is NOT better or safer to fast for longer than prescribed above and it is recommended to drink something sweet until 2 hours before the anesthesia.

The day of surgery

On the day of surgery you shall:

- Take a bath, wash your hair and put on clean clothes. We recommend comfortable and simple clothing that is easy to take on and off.
- Remove any nail polish, makeup, jewelry incl. piercings and contact lenses.
- Have arranged transport as you cannot drive a vehicle yourself immediately after the operation.

Conversation with anesthetist

You meet the anesthetist on the day of surgery. If you have any questions before, feel free to contact the clinic.

How does the anesthesia take place?

Before anesthesia you will receive "pre-medication" consisting of pain and nausea tablets.



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You get a small plastic cannula in your hand or elbow, through which you are given the anesthetics.

You get pads attached to your chest so we can monitor your heart rate. You get a blood pressure cuff on the upper arm as well as a small clamp (oxygen meter) on the finger.

Side effects from full anesthesia

You can feel sore in the throat and be a little hoarse - this typically disappears within 1 day. Nausea and vomiting are common, but we do what we can to prevent it with nausea medication. You may feel tired and blunt, which is also quite normal.

After surgery

You wake up in the operating room and walk or drive out in the recovery room. Here you will typically be 1-2 hours. Here you will be offered pain and nausea medication. When you are ready for it, you will come out into the rest room where you will be offered a little to eat and drink before you go home. You will be informed about the surgery by the surgeon before returning home. We recommend that you are not alone the first night after surgery.

Painkiller

There will almost always be swelling and pain after a nose operation. After some operations, a tight patch is placed over the nose to limit the swelling. Swelling decreases gradually over 14 days. In other cases we put plaster on the nose to sit for 7-10 days. It is common to have nose pain, toothache and headache after surgery - numbness of the front teeth may also occur.

Unless you do not tolerate it, we recommend 3 types of pain medication:

- Paracetamol (Panodil / Pamol / Pinex). Can be purchased without a prescription. The dose is 2 tablets of 500 mg x 4 per day.
- Ibuprofen (Ibumetin / Iprex / Burana). Can be purchased without a prescription such as 200 mg. The dose is 2 tablets of 200 mg x 3 per day. Be aware that if you have received it on prescription, it is often as 400 mg. In this case, only 1 tablet x 3 per day should be taken.
- Morphine is admitted from the clinic. It is taken as needed (when the pain is moderate) the first few days. The dose is 10 mg maximum 6 times a day.

FYI: It is not recommended to drive a vehicle 25 hours after intake of morphine.

Complications



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There may be bleeding from the nose after surgery, which is quite normal. The packings in the nose and sinuses cause you not to breathe optimally through the nose, but it is improved day after day as they dissolve.

It's a good idea to sleep with your head high. After the operation scabs may occur in the nose. You may not blow your nose or pick nose due to risk of bleeding. We therefore recommend that you rinse the nose with saline at least 3-4 times daily from the day after the operation. It is best use a Rhino Horn for this, which can be purchased at most pharmacies. Read the guide on this. If you are going to do it, you must do it with open mouth.

You must contact the clinic in case of:

- Heavy bleeding
- Fever
- Increasing pain
- Increasing headache
- New emerging vision problems

The first day you can call your surgeon on phone. 92921544.

Then you contact the clinic on +45 70 21 21 10. If the clinic has closed please contact 1813 in emergency cases.

Before the discharge you will receive an appointment time for check in our outpatient clinic after 7-14 days. We recommend you to bring a relative with you. It is also a good idea to take paracetamol 2 x 500 mg and ibuprofen 2 x 200 mg 1-2 hours before the check so that possible cleansing of the nose does not cause discomfort.

We recommend 7-10 days of recreation at home, where you should stay calm and avoid strong physically activities and sports. Let us know if you need documentation for this.

Please contact us if you have any questions.

Yours sincerely

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