

## CLIENT INFORMATION SHEET

## *Sinus Evaluation and Surgery*

### **What will be the timeline of my horse's visit?**

Depending on the cause of the sinus concern there will likely be one or two days of investigations. This may include any or all of the following: upper airway endoscopy, x-ray, CT, dental examination. Once a diagnosis has been made, surgical intervention will typically be recommended. This procedure is usually performed over the course of 1, sometimes 2 days. Following this, we will usually need to flush your horse's sinuses over the course of 2 to 5 days (depending on the sinus condition). We therefore expect most horses to be with us for 3-7 days, excluding any complications or delays due to emergency surgeries.

### **What do I need to do to prepare my horse for his/her visit to the Hospital?**

Please inform us if any other horses on the yard are unwell or have a nasal discharge. If this is the case, we may recommend additional testing prior to admission. Please see the general list of FAQs to understand what is required and recommended before admission.

### **Which diagnostic tests will be performed on my horse during the visit?**

This will depend on your horse's presenting signs. Some horses will require a dental examination and endoscopy of the upper respiratory tract. Other horses will require x-ray or CT. Some horses will require all of the above. The potential diagnostic tests will be discussed with you during the consultation.

### **What treatment/surgery/ intervention will my horse have during their stay?**



Depending on the cause of the concern, your horse may only require antimicrobials. However, most horses will require surgical intervention. This may be in the form of a small (2-3cm) hole made through the bone into the sinuses, so the sinuses can be assessed with a camera, and lavaged (cleaned with fluid). Some horses require advanced procedures such as bone flaps to allow greater access the sinuses for surgery. Any planned procedures will be discussed with you, prior to your surgical team undertaking any interventions.

### **When will I get my horse's test results/reports?**

Some imaging results are discussed with you following the procedure. Others, such as CT require longer evaluation (please see the CT FAQ document). We will report results as soon as they are finalised. If your horse has any tissues submitted for histopathology these can take up to 7 days to be reported. Sometimes larger or more complex samples can take slightly longer.



## **Is there anything I need to prepare at home before my horse leaves the Hospital?**

If your horse requires anything specific following surgery, this will be written in your discharge instructions. Following any form of sinus surgery, we recommend feeding from the floor, as well as maintaining a low-dust environment.

## **After my horse comes home what veterinary care will be required?**

This depends on the surgical intervention performed. Generally we will ask your vet to assess your horse 7-14 days after the surgery date. The sutures can usually be removed 14 days after they were placed. Your team will advise further assessment based on the diagnosis, and this will be communicated to you prior to discharge, as well as being written in your discharge instructions.



## **After my horse comes home, how can I best care for my horse?**

A clean dust free environment is recommended. Generally we will advise a period of box rest with small paddock turnout or hand grazing. This will be communicated to you prior to discharge and written in your discharge instructions.

## **Will my horse require medications when they come home?**

Most horses will require a form of antimicrobial; this will generally be an oral medication. The medication prescribed will often depend on the bacteria observed on culture. In addition, an anti-inflammatory (pain killer) such as phenylbutazone (bute) will often be prescribed. Please inform us if your horse does not eat, or has an adverse reaction to bute.

As with all medications, if your horse becomes depressed, has reduced appetite, or has a change in the consistency or amount of faeces produced, please discontinue the medication and contact your veterinarian.

## **Will my horse require a special diet when they come home?**

Often grass is best as this encourages the head to stay low as the horse eats so the sinuses can drain as much as possible. We recommend feeding from the ground indefinitely. As a low dust environment is recommended, your horse may benefit from soaked hay or haylage rather than dry hay. If a dental cause of sinusitis is identified, your horse may require a specific diet. We will inform you if this is the case.

