



PATIENT INFORMATION

Nasal Surgery General Advice

Following surgery you may have:

- Nasal packs in for 24hours
- Some localised pain
- Nasal congestion
- Loss of smell
- Altered taste
- Watery, blood stained discharge from your nose
- Bruising around the eyes or nose.
- Feeling more tired than usual

These normally last only a few days and are part of the body's natural healing process.

What else should I look for?

- Discharge from your nose that is yellow/green or smelly
- Increased pain or discomfort that is not resolved by painkillers, such as Paracetamol
- Increased swelling around the nose
- Feeling unwell with flu-like symptoms

If any of these symptoms occur please seek medical advice from your GP.

What should I do if I have a nose-bleed?



- Sit with your head upright.
- Pinch the soft part of your nose.
- Place an ice-cube in your mouth.
- Time the bleed.

If bleeding has not stopped after 15-20 minutes you need to go to your local emergency department.

What happens on discharge from hospital?

- You may be given nose drops or sprays.
- You may need advice on using steam inhalations or saline douches.
- An outpatient's appointment will either be given to you or sent to your home.
- A letter will be sent directly to your GP informing them of your operation and after care.

What should I do following my surgery?

- Do not drive following a general anaesthetic for at least 48 hours.
- Take ten to fourteen days off work.
- Avoid smoking or smoky, crowded and dusty places.
- Avoid strenuous or vigorous activities.
- **Do not** pick your nose.
- **Do not** blow your nose for two weeks
- Please note that the information in this leaflet is to be used as a guide only.
- Each individual's needs will be discussed by the Nursing Staff and Doctors before discharge from hospital.

If you need any further assistance or information please contact:

Forrest Ward
☎ Tel: (01803) 655507

References:

Phillips.S. (1997) Epistaxis. Professional Nurse. Vol,12. No,4. Corded.S. (1996)