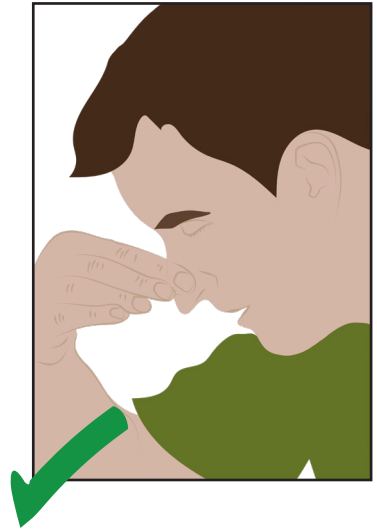


Information for patients following Nasal Surgery: Turbinate/FESS/Septoplasty/Polypectomy/Septorhinoplasty

Everyone having surgery is an individual; therefore your surgeon will give you relevant personalised advice for the surgery you are having. Please do not hesitate to ask if you have any other questions or need clarification.

Bleeding/wound care:

- You may experience some blood coloured fluid from your nose; this is normal. It may vary from bright red to dark red, and can last for up to 4 weeks. This can dry and become crusty for this duration
- A small amount of actual bleeding is expected for 2 weeks after your surgery; sitting quietly with your head over a basin/sink with ice to your forehead and held in the roof of your mouth can be helpful to slow or stop the bleeding
- If you experience bleeding, lean your head forward and lightly pinch the bridge of your nose as shown in the image. This helps to slow the bleeding. Do **not** lean your head backwards
- If you experience significant fresh bleeding (more than a mug-full at once) and it is not stopping, go to accident and emergency (A&E), preferably at St John's Hospital
- Avoid forced sniffing and nose blowing, if you need to sneeze then do so with your mouth open. Your nose will feel blocked for a few weeks, this is normal. It usually begins to clear 1-2 weeks after surgery and can take as long as 12 weeks to completely settle down.



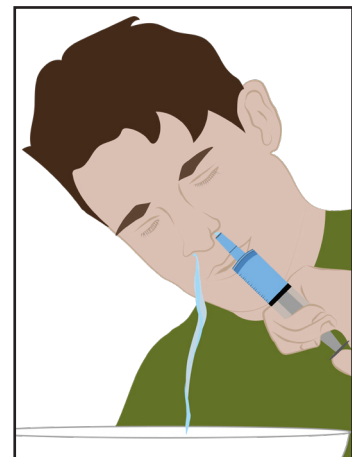
Sutures:

- These are mostly dissolvable which means they fall out themselves 7-14 days after your surgery
- They can be trimmed with a small pair of scissors if they are annoying
- Any non-dissolvable sutures will be removed at a clinic appointment.



Nasal douching/rinsing:

- Unless you are specifically told **not** to do this, we recommend that you do this at least twice a day, for at least two weeks after surgery. If it is helpful you may choose to do this longterm
- Specific instructions and equipment for this will be given to you by the ward staff
- Neilmed devices and Sterimar spray can be bought over the counter at a pharmacy.



Information for patients following Nasal Surgery: Turbinate/FESS/Septoplasty/Polypectomy/Septorhinoplasty

Dissolvable nasal dressings (if used):

- Your operation may involve the insertion of dissolvable dressings by the surgeon at the end of the procedure
- They should dissolve within 5-7 days and this process can be helped by nasal douching (see page 1)
- You may experience a piece of “tissue” coming out of your nose during this period; this is normal and may represent a piece of dressing that has served its purpose and is not a cause for alarm.

Internal nasal splints (if used):

- Occasionally your surgeon may place splints within your nose to prevent scar tissue forming between the middle and sides of the inside of your nose
- These are made of soft blue plastic and will be stitched in place at the front of your nose
- These will need to be removed in the clinic 7-14 days after your surgery
- They are uncomfortable and you will feel much better once they are removed.

External nasal splints (if used):

- These are used if your nasal bones have been broken or repositioned and are unstable
- The external splint is usually stuck in place with glue and helps to protect the nose initially as it begins to heal
- It is usually arranged for the splint to be removed in the clinic in due course – the timing will be specified by the surgeon
- Please avoid getting the splint wet as it can affect the adhesive. If it falls off, please put it back on and secure with tape until we can see you in the clinic.

Returning to work/resuming normal activities

- Avoid doing anything that would make your face go red for two weeks (stressing, straining or heavy lifting)
- Your return to work and full normal activities will depend on the type of job you do. We can give you a fitness for work certificate if we recommend not working for longer than a week
- Gentle exercise such as walking is fine for the first 2 weeks; thereafter there are generally no restrictions on activity- including flying
- If you have had a septoplasty you should avoid contact sports for 6 weeks
- Septorhinoplasty patients should discuss this issue directly with their surgeon.

If you have any urgent concerns, please contact your **GP** or call **NHS 24** on **111**.

If you require any advice, please contact The Day Surgery Centre on **01506 524 105**.