Please see your GP if:
The pain relief that you have been advised to take does not keep you comfortable.
You think you are developing an infection.

What follow up will I have?
You will be told what follow up to expect when you are discharged. Notification of any outpatient appointment will come through the post.

What to do if you have a nosebleed?
Sit upright, tilt head forward, pinch your nose just above the nostrils. Put an ice pack on the bridge of your nose. Breathe steadily through your mouth and spit out any blood. If after 15 minutes the bleeding has not slowed or stopped, attend your local Accident and Emergency Dept.

How can I help reduce healthcare associated infections?
Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

www.buckshealthcare.nhs.uk
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Discharge information following nasal and sinus surgery (except Rhinoplasty or Septo-rhinoplasty)

Patient information leaflet
If you require a translation or an alternative format of this leaflet please call PALS on 01296 316042

Safe & compassionate care, every time
**Introduction**
You have just had surgery on your nose and/or sinuses. This leaflet contains some information and instructions which you should follow to aid your recovery.

**General advice**
After surgery under a general anaesthetic it is not advisable to drive, make important decisions or operate machinery for 48 hours, because you may feel tired, sleepy and disorientated during this time.
Please avoid smoky environments and smoking as it will make your nose sore, increase the risk of infection, and may make your nose bleed.
For 7-10 days, try to stay away from people who may have colds, coughs or other infections so you do not catch it.

**How long will I be off work for?**
10 days is usually sufficient for most circumstances. This will be confirmed when you are discharged.
If you require a medical certificate for work remember to tell the Nurses and ENT Doctor when you are admitted.

**How long will I need to rest after the operation?**
5-7 days is usually sufficient in most situations. Then gradually increase your activity so you are back to doing your normal everyday activities at about 2 weeks.
If you do any sporting activities please check with the ENT team, as the time off varies depending on the activity.

**Is there anything that I should not eat or drink?**
For the first 10 days, to avoid increasing the risk of bleeding through the scabs being dislodged by the body’s reaction, avoid alcohol, and allow hot food and drinks to cool down before consuming them.

**Can I wash my face and have a shower or bath?**
Wash your face with warm water and be gentle when washing around the nose.
Your nose will clean itself so please refrain from trying to clean inside your nostrils because you are likely to dislodge the scabs and increase the risk of bleeding and infection.
When having a shower during the first week, make sure the water is warm rather than hot; it is aimed at your shoulder level and not on the top of your head.

**What should I expect and do after the operation?**
Your nose is likely to produce some blood-stained watery discharge during the first week, and it will feel blocked as though you have a bad cold for a couple of weeks. The blocked sensation is due to post operative swelling inside your nose and any dissolvable packs inserted in your nostrils to help reduce the amount of bleeding.
Any nasal packs and stitches can take a couple of weeks to dissolve and during this time you may also get some headaches which is to be expected. You may find it helpful to take Paracetamol to relieve pain.
When your nose runs, just dab or wipe it gently with a tissue; and avoid blowing it hard. This will help prevent the scabs from being dislodged before healing has occurred and reduce the risk of bleeding.
It may take up to 3-4 months for your nose and/or sinuses to settle down and for you to notice a significant improvement in your symptoms.

**Other information**
If you are going to sneeze, try to keep your mouth open in order to reduce the risk of the scabs being dislodged.
You may be prescribed some nasal spray or nose drops to use; please follow the instructions given relating to when and how to use them.