



Nasal douching after surgery

Information for patients from Day Surgery

Nasal douching can help to prevent the dry crusts and blood clots that can form inside your nose after surgery. This advice sheet explains how you can perform nasal douching, but if you have any questions please speak to your GP.

How do I make the solution?

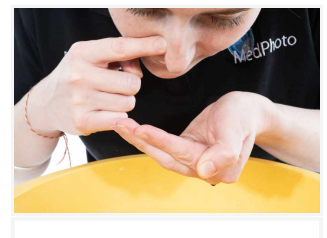
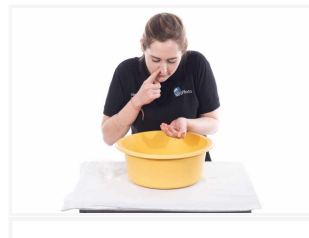
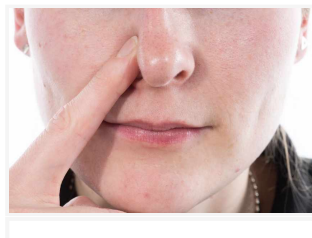
Dissolve both of the following in a pint of clean water, taken from a kettle once boiled and allowed to cool.

- One level teaspoon of sea or table salt; and
- One level teaspoon of sodium bicarbonate.

How do I use the solution?

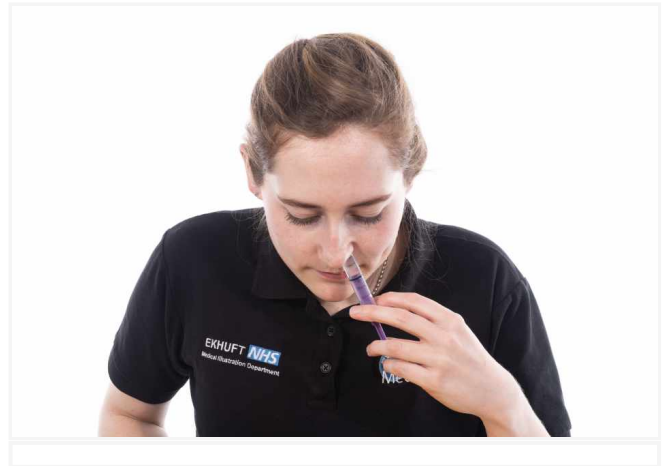
There are two ways of doing this.

- Make sure your hands are clean and place some of the solution in your cupped hand. Lean forward over a sink or bowl (to prevent swallowing too much of the solution). Block one nostril with a finger from your other hand, while you sniff the solution gently from the cupped palm of your hand. Repeat using your other nostril.



Do not worry if you swallow some of the liquid, it will not harm you. The solution may run out of both of your nose and mouth for maximum effect. This should not be painful, if it is you should change the method you are using.

- **Or**, you may use a syringe given to you by the hospital to gently squirt the solution up your nose. In this case, aim the nozzle of the syringe up your nose, towards the inner part of your eye.



Can I buy the solution ready made?

Yes, ask your local chemist for more information.

How long do I need to do this for?

Nasal douching is especially helpful in the first four to six weeks following nasal surgery.

What if I have any questions or concerns?

If you have any queries (especially if you are getting increasing pain after 48 hours), please contact Day Surgery on the numbers below or your GP for advice.

- Channel Day Surgery, William Harvey Hospital, Ashford
Telephone: 01233 616263 (24 hours a day, 7 days a week)
- Canterbury Day Surgery Centre, Kent and Canterbury Hospital, Canterbury
Telephone: 01227 783114 (7:30am to 8pm)
Telephone: 07887 687645 (8pm to 7:30am)
- Day Surgery, Queen Elizabeth the Queen Mother Hospital, Margate
Telephone: 01843 234499 (7:30am to 8pm)
Telephone: 07887 651162 (8pm to 7:30am)

This leaflet has been produced with and for patients.

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 783145 (tel://+441227783145), or email ekh-tr.pals@nhs.net (ekh-tr.pals@nhs.net)

Patients should not bring large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals website (<https://www.ekhuft.nhs.uk/information-for-patients/patient-information/>).

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