



# Nasal surgery: aftercare advice

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## Information for patients from Day Surgery

You have had nasal (nose) surgery. This leaflet explains what you can expect in the days / weeks following your surgery, and what you should do to look after yourself and your wound.

### For the first 48 hours after your operation

- **If you have had a general anaesthetic** avoid alcohol, smoking, or taking sleeping tablets for 24 hours after your operation.
- **If you have had a general anaesthetic** arrange for someone to collect you from hospital and look after you for the first 24 hours after your operation.
- **If you have had a general anaesthetic** do not drive, cook, or operate any machinery for 24 to 48 hours after your operation.
- You must rest for 24 to 48 hours after your operation.
- Take painkillers as prescribed by your doctor (avoid aspirin as it may cause bleeding, unless it has been prescribed by your doctor). If you have been prescribed antibiotics, take the full course.
- Eat and drink as you wish, but avoid hot foods; allow food and drink to cool before you eat / drink them.
- Avoid hot showers and baths.
- Drink plenty of water, as you will be dehydrated after your operation.
- If you need to sneeze, sneeze freely but avoid blowing your nose.

### For the first week after your operation

- Avoid any strenuous work or exercise. Gradually build-up your activity levels over the first seven to 10 days.
- To prevent infection, you should avoid any large crowds and any dusty smoky places.

- Do not blow your nose. Instead douche (spray / wash) your nose with an alkaline solution (sinus rinse) such as Neilmed, Sinurinse, or a self-made solution. There are instructions on how to make your own sinus rinse at home at the end of this leaflet.
- Use any nasal drops, sprays, or creams that have been prescribed for you on discharge from hospital. **Do not use any of your usual nasal sprays;** your doctor will tell you when you can start using these again.
- Blood-stained discharge and light bleeding is normal. If the bleeding continues, pinch the soft part of your nose with your forefinger and thumb and lean forward over a bowl or sink, and spit out any blood or clots. It can be useful to place an ice pack (such as frozen peas) over the bridge of your nose and / or the back of your neck. If the bleeding does not stop, go to your nearest Emergency Department.
- If your pain is not controlled with simple painkillers (such as paracetamol and / or ibuprofen), please contact Day Surgery (see contact details at the end of this leaflet).
- You should plan to be off work for two weeks following your surgery. If you work from home, you may feel up to returning to work after one week.

### For the first 2 to 6 weeks after your operation

- Your nose will continue to heal. It can feel blocked for up to six weeks after surgery, until it is fully healed.
- Most stitches are dissolvable (unless your surgeon tells you otherwise), and should start to disappear two to three weeks after your operation.
- If a plastic splint has been placed inside your nose to prevent abnormal scar tissue (adhesions) from forming, then we will make an outpatient appointment for you to have it removed seven to 10 days after your surgery.
- You can begin to exercise two weeks after surgery. Slowly build-up from walking to jogging before returning to your usual exercise routine. Some people take longer to heal, so if in doubt let your nose heal fully before doing any strenuous activity.
- Air travel should be avoided until your nose is fully healed, as the air in the cabin can dry out your nose and cause bleeding.
- Avoid any travel far from home until your nose is fully healed, in case there are any problems and you need medical attention.
- Avoid swimming and diving until your nose has fully healed.

### Steam inhalation

1. Put a large container on a table, such as a washing-up bowl.
2. Pour three pints of boiling water into the bowl. Do this slowly and carefully to avoid splashing the hot water on yourself.
3. Sit down in front of the bowl with a towel over your shoulders.

4. Pull the towel over your head to form a 'tent' over the bowl.
5. Breathe the steam in through your nose and out through your mouth for at least five minutes. This needs to be done two to three times a day for four to six weeks.



### What if I have any questions or concerns?

If you have any queries or concerns, please do not hesitate to contact Day Surgery (on the numbers below) or your GP.

- Canterbury Day Surgery Centre, **Kent and Canterbury Hospital**, Canterbury  
Telephone: 01227 783114 (7am to 8pm)
- Day Surgery, **Queen Elizabeth the Queen Mother (QEQM) Hospital**, Margate  
Telephone: 01843 234499 (Monday to Friday 7am to 9pm)  
Telephone: 07887 651162 (Monday to Friday 9pm to 7am) (Bank Holidays and weekends, 24 hours a day)
- Channel Day Surgery, **William Harvey Hospital**, Ashford  
Telephone: 01233 616263 (24 hours a day, 7 days a week)

**This leaflet has been produced with and for patients.**

**Please let us know:**

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

**You can let us know this by:**

- Visiting the Trust web site (<https://www.ekhuft.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhuft.nhs.uk/login>).
- Telling a member of staff at your next appointment.

**Any complaints, comments, concerns or compliments**, please speak to a member of your healthcare team. Or contact the Patient Advice and Liaison Service on 01227 783145 or email ([ekh-tr.pals@nhs.net](mailto: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 information leaflets** are available via the East Kent Hospitals' web site (<https://www.ekhuft.nhs.uk/patient-information>).

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