



Steam inhalation after surgery

Information for patients from Day Surgery

Following your nasal surgery your surgeon has recommended that you use inhalation therapy. This treatment will help clear any debris and dry crusts from the inside of your nose. If you have any questions, please speak to your GP.

What do I do?

1. Put a large container, for example a washing-up bowl, on a table.
2. Pour three pints of boiling water in to 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 (especially if you are getting increasing pain after 48 hours), please do not hesitate to contact Day Surgery on the numbers below or your GP.

- 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 (QEQM) Hospital**, Margate
Telephone: 01843 234499 (7:30am to 8pm)
Telephone: 07887 651162 (8pm to 7:30am)
- 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).

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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