

## Nasal Surgery

### Discharge advice - Otolaryngology Department

#### Wound care

- You may have a small wound inside your nose with dissolving stitches. Stitches on the outside may need to be removed
- A piece of gauze folded in three and taped under the nose will help to collect annoying drips. This can be changed as needed. You may be given a supply of gauze and tape to take home.
- We suggest sleeping with three pillows to reduce facial swelling for the first week.
- You may have a plaster or a plastic tape splint over your nose. Be careful with it – keep it dry.
- Swelling in the nose may take up to six weeks to go down, so expect a gradual improvement.



#### Pain relief

You will be given a prescription for pain relief on discharge, but pain is seldom severe. Take pain relief if necessary – do not exceed the recommended dose.

- If taking Codeine tablets, drink plenty of fluids to help reduce constipation.
- Do not take Aspirin or Disprin for pain relief as these can cause bleeding.

#### Precautions

- Do not blow your nose for the first 24 hours, until active bleeding has stopped.
- If sneezing is unavoidable, try sneezing with your mouth open to reduce pressure through your nose.
- Avoid lifting heavy objects or playing sports for 1—2 weeks, until your surgeon has given you a clearance.
- Take care around young children and pets as they may accidentally bump your nose.
- Do not pick your nose. You may be prescribed antibiotic cream to use in your nostrils to reduce crusting. Annoying crusts or blood clots can be softened mixing  $\frac{1}{2}$  teaspoon common salt with  $\frac{1}{4}$  teaspoon baking soda in 200 mL of warm water and gently sniffing this solution from a cupped hand.
- Limit hot drinks and hot showers to a warm temperature for the first few days after your surgery. Heat can widen blood vessels and increase ooze and bleeding.

## Complications

If you experience any of the following:

- increasing pain
  - feeling feverish; hot or cold
  - a nose bleed that does not settle after 5 minutes for a child or 20 minutes for an adult
- Please seek medical advice from your GP or through the contact details in this pamphlet.

To treat a bleeding nose:

1. Relax and sit upright.
2. Using your fingers, pinch the lower soft part of the nose firmly together for at least 10 minutes (by the clock).
3. If bleeding stops, rest for the rest of the day. If bleeding does not stop, see above

## Follow up

- Please keep any follow-up appointments.
- Your nose may be gently cleaned with suction at the follow-up appointment to help remove any annoying crusting or blood clots.

## Contact Details

### Christchurch Hospital

ORL Outpatient Department

Telephone: 364 0985

Hours: Monday–Friday 8.00 am–5.00 pm

Ward 21 (Children’s Ward)

Telephone: 364 0210

Adult ORL Ward

Telephone: 364 0640 and ask for ENT ward

Day Surgery Unit

Telephone: 364 4034

Hours: Monday–Friday, 7.00 am–7.00 pm

1st floor Christchurch Women’s Hospital

For more information about:

- your health and medication, go to [www.healthinfo.org.nz](http://www.healthinfo.org.nz)
- hospital and specialist services, go to [www.cdhb.health.nz](http://www.cdhb.health.nz)