

Patient information

Nasal surgery

Nasal obstruction may be caused by an allergy or an injury. Nasal surgery is performed inside your nose to remove the obstruction and improve your nasal breathing. It may involve any of the following:

- **Endoscopic sinus surgery:** This is done for chronic infection or to remove polyps. It involves using fine telescopes and instruments to remove small amounts of bone and swollen tissue to unblock your sinuses.
- **Septoplasty:** This involves a small cut just inside your nose and the removal of some of the cartilage and bone to straighten and reshape the central structure. Sometimes it is necessary to do this operation to allow us to perform endoscopic sinus surgery
- **Turbinoplasty:** Turbinates are folds of tissue inside your nose. This operation is done to reduce or reshape swollen turbinates to improve breathing.
- **Submucous diathermy:** This is done to reduce generalised swelling of the lining of the nose by gentle cautery / burning.
- **Septorhinoplasty/straightening of the nose:** This is done to reduce the risk of future blockages and to improve appearance after a broken nose. You may need an external nasal splint for one week.

Following your surgery

- You may experience some mild to moderate pain, which can be relieved by taking the painkillers and on discharge you will be given 3 - 5 days supply to take home. Paracetamol or similar medication is appropriate should you experience further pain when your initial supply of tablets is finished.
- If on discharge you are given any nasal spray or inhalation to use please follow the advice in the special instructions below

-
-
-
- Avoid hot food and drink for 24 hours as this can cause bleeding. After this you should eat and drink normally
 - Avoid smoky and dusty atmospheres
 - You are advised not to blow your nose for one week and to sneeze (if necessary) with your mouth open
 - You may notice some bruising around the eye, especially after rhinoplasty. This usually gets better without treatment
 - You may experience some oozing of blood or mucus from the nose. This may be gently wiped away. If you have a nosebleed, gently squeeze the soft part of the nose for five minutes. An ice pack on the bridge of the nose is also useful.
 - If your nose feels crusty please leave the crusts alone to separate in their own time
 - You will need to rest at home for a week. Most people can return to work after 10 – 14 days. If your job involves heavy or dusty work you will need to wait two weeks.
 - Avoid contact sports until seen at your follow up outpatient appointment

Outpatient appointment.....
This will be sent to you.

Contact your GP or GP out-of-hours service if:

- any nasal bleeding cannot be stopped by the methods suggested
- you have severe pain

If you require any further advice, please contact the Martin Corke Day Surgery on 01284 713050 between 7.45am and 8.00pm, Monday to Friday.

Outside of these hours contact the ENT ward on 01284 713290 and speak to the nurse in charge. Please have your hospital number on the discharge letter available.

Or

NHS 111

West Suffolk NHS Foundation Trust is actively involved in clinical research. Your doctor, clinical team or the research and development department may contact you regarding specific clinical research studies that you might be interested in participating in. If you do not wish to be contacted for these purposes, please email info.gov@wsh.nsh.uk. This will in no way affect the care or treatment you receive.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo) <https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



© West Suffolk NHS Foundation Trust