

Patient information

Advice following nasal surgery

Following your nasal surgery and after discharge

You may experience some oozing of blood or mucus from the nose which may continue for a while. This can be wiped away gently. If the nose bleeds, gently squeeze the soft part of the nose for 10 minutes. Ice on the bridge of the nose is also useful.

You could experience some mild pain - this can be relieved by Paracetamol or similar medication.

You are advised not to blow your nose for at least a week and to sneeze (if necessary) with your mouth open.

The inside of the nose may be crusty. Please leave the crusts to separate in their own time - do not remove them yourself.

On discharge you may be given a nasal spray and inhalation - use as directed. Please do not use any nasal sprays or inhalations other than those supplied.

You are advised to avoid dusty or smoky atmospheres, and not to smoke.

You are advised to avoid contact sports.

Contact your GP if:

- You develop a high temperature or fever.
- The bleeding cannot be stopped by the methods suggested.
- The nose becomes increasingly painful or swollen.

- If your GP is unable to help with severe bleeding, ring 999 or go to Accident & Emergency without delay.
- If you require any further advice or information, please contact the ward on 01284 713430 or 01284 713290

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