

**Day Case  
Discharge Advice**

**Manipulation of Nasal Bones**

**Day Case Discharge Advice following Manipulation of Nasal Bones**

As you have had a general anaesthetic today you should have a light diet and avoid fizzy drinks for the day to prevent sickness. You should go straight home from the hospital and rest for today and tomorrow.

**Daily activities:**

Avoid exercise or operating heavy machinery for 1 week following the surgery. It is also advised that you keep away from smoky environments and crowded places in order to avoid infection. Avoid steaming hot drinks, meals and baths or showers for 1 week after surgery to prevent nose bleeds. It is also advisable not to blow your nose, and to sneeze with your mouth open during this period, for the same reason. Avoid contact sports for at least 4 weeks after surgery to prevent further trauma, worsening deformity and bleeding.

**Pain:**

It is normal to experience pain for up to 48 hours after the operation. Simple painkillers, such as paracetamol, should be sufficient for this period.

**Wound:**

You may have a blood stained watery discharge from your nose. Your nose will also feel blocked due to post-operative swelling. You may also have some swelling or bruising externally. This is a normal part of the healing process and may last for up to 4 weeks after surgery. If bleeding occurs, pinch the fleshy tip of your nose, lean forward and apply ice to the nose. If the bleeding fails to stop after 30 minutes please attend your nearest A&E department.

**Follow-up:**

You will not normally need to be seen in clinic following your surgery, unless your surgeon has told you otherwise. If you have any further concerns, please see your own GP for advice.

**EMERGENCY DISCHARGE INFORMATION****Before 18:00:**

Contact the Day Surgery Unit on 01633 234199 / 01633 234196

**After 18:00/overnight:**

Contact your GP or Ward C0 (adults) on 01633 493922

Ward C1 (children) on 01633 493609.

**In the event of an emergency, attend your closest Accident & Emergency department**

**"This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg"**