

Discharge Advice

Septorhinoplasty

Discharge Advice following Septorhinoplasty

Following the anaesthetic you should have a light diet and avoid fizzy drinks for the day to prevent sickness. You should go straight home when discharged from the hospital and rest for 2 days.

Daily activities

It is recommended that you take 2 weeks off work following the surgery. Avoid exercise or operating heavy machinery during this time. A sick note can be provided prior to discharge upon request. It is also advised that you keep away from smoky or dusty environments and crowded places to avoid infection.

Avoid steaming hot drinks, meals and baths or showers for 2 weeks 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. You are strongly advised to stop smoking as this impairs healing and contributes to persistent nasal symptoms. Staff can provide you with support details in order to help you quit. You should avoid contact sport for at least 6 weeks to avoid knocking your nose whilst the bones are healing.

Pain

Most patients experience some nasal discomfort for the first few days after surgery. Simple painkillers taken at regular intervals, such as paracetamol, should ease the discomfort. Nursing staff will discuss medication with you prior to discharge. If the pain in your nose increases or you develop tenderness or swelling at the tip please contact the hospital or your GP for advice.

Wound

It is normal to have facial bruising and swelling following surgery. This may last for up to 4 weeks. You may have numbness of the teeth but this usually improves with time. It is very common for the surgeon to apply a cast to the outside of the nose to support the nose as it heals. This is usually removed 7-10 days after surgery and you will be instructed on how this is done. If the elastoplast tape peels you can tape over it with fresh Elastoplast. As the swelling reduces sometimes the cast can

become loose. If the cast falls off please do not try to replace it and attend your appointments as normal.

If you have external skin stitches under the tip of your nose these will need to be removed 7 days after surgery. An appointment in the hospital ENT treatment room will be made for you prior to discharge. Your surgeon will also prescribe a cream to apply to the wound. To aid healing it is recommended that you stay out of direct sunlight for 6 months and always use high factor sun protection and wear a hat if possible.

You may have a blood stained watery discharge from your nose. Your nose will also feel blocked due to post-operative swelling. This is a normal part of healing and may last for up to 4 weeks after surgery. If bleeding occurs, pinch your nose carefully, lean forward and apply ice. If bleeding fails to stop after 20 minutes attend the nearest A&E department.

If you develop pus-like discharge (yellow-green) from your nose contact the hospital or your GP for advice. Crusts/scabs may develop inside your nose. Avoid picking these as this can cause bleeding and impair healing. You may be asked to rinse your nose with salt water and staff will advise you on this and provide separate information. If you have any soluble dressing in your nose staff will advise you on ways to encourage this to dissolve.

Follow up

You will normally need to be seen by your consultant in clinic 6-8 weeks following your surgery, unless your surgeon has told you otherwise. This appointment will be posted to you.

EMERGENCY DISCHARGE INFORMATION

09:00 to 17:00 Monday to Friday (excluding bank holidays): Contact the ENT Treatment room on 01633 234018

After 17:00/overnight: Ward C0 on 01633 493926

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

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