

Discharge Advice

Examination of Post Nasal Space +/- biopsy

Discharge Advice following Examination +/- biopsy of Post Nasal Space:

The aim of this procedure is to examine your Post Nasal Space (PNS) or the space immediately behind your nose. This procedure can be performed either under local anaesthetic (drugs will be applied to the nose in order to make it numb) or when you are asleep under general anaesthetic.

The operation usually involves passing an endoscope or a rigid camera through your nose backwards into your PNS. This will allow proper visualization and assessment. It is also possible to do the procedure by passing instruments through the mouth (a general anaesthetic is required for this technique). If required, samples of tissue (biopsies) found within your PNS can be sent to the laboratory for further assessment.

Pain

Most patients experience some soreness in the throat for the first few days after surgery. Simple painkillers such as paracetamol should ease the discomfort.

Diet

Avoid hot meals and drinks for 3 days after surgery as they could increase the risk of bleeding.

Nasal obstruction

The nose may feel blocked due to post-operative swelling and can take a few days to settle down. You may be advised to use salt water nasal douches and an additional leaflet with information how to use and prepare will be provided.

Bleeding and nasal discharge

You may have a blood-stained watery discharge from the nose for the first few days. This is normal and should resolve spontaneously. If fresh, steady bleeding occurs, pinch the fleshy part of the nose, lean forward and apply ice to the forehead and bridge of nose. If the bleeding does not stop after 20 minutes, ring the ward for advice.

Return to work

Your surgeon will be able to give specific advice regarding this (it will depend on if biopsies were taken and the nature of your work). As a minimum you will require at least 48 hours off work. A sick note or fit note can be supplied upon your discharge. Strenuous activity should also be avoided for 2 weeks if biopsies are taken.

Smoking

You are strongly advised to stop smoking as this causes irritation to your nose and throat.

Follow up

You will be advised prior to discharge whether or not a follow up appointment is required. It may be the case that a letter with the biopsy results will be sent out to you.

Contact the numbers below if you have any concerns following discharge or if you experience any of the following:

- Uncontrollable bleeding from the nose.
- High temperature.
- Pus-like discharge (yellow-green) from the nose.
- Increased pain not controlled with simple painkillers.

EMERGENCY DISCHARGE INFORMATION

09:00 to 17:00 Monday to Friday (excluding bank holidays): Contact the ENT Treatment room on 01633234018

After 17:00/overnight (adults): Ward C0 01633 493926.

After 17:00/overnight (children): Ward C1 01633 493609.

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

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