

## **Discharge Advice**

### **Septoplasty**

#### **Discharge Advice following Septoplasty**

##### **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 environments and crowded places in order 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. Try to cut back or stop smoking as this will affect the body's ability to heal and contribute to persistent nasal symptoms. Staff can provide you with support group contacts in order to help you to quit.

##### **Pain:**

It is normal to experience pain for up to 48 hours after the operation. You will be given pain relief to take home which should be taken regularly. Nursing staff will discuss the medication with you prior to discharge. If the pain increases in your nose, or you develop tenderness or swelling at the tip of your nose please contact the hospital for advice.

##### **Wound:**

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 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.

Crusts and scabs may develop inside your nose. Avoid picking these off as this can cause a nose bleed and impair healing. You may be advised to rinse your nose with salt water and staff will advise you on this and provide separate information for you to take home. You may have stitches inside your nose. These dissolve and do not require removal. If you have soluble packing inside your nose staff will advise you on ways to encourage the packs to dissolve.

##### **Follow-up:**

You will normally need to be seen 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**

- **Monday to Friday (excluding bank holidays) from 0900 to 16:30:**  
Contact the ENT Treatment Room on 01633 234018
- **After 16:30 on weekdays and weekends:** Contact your GP or your ward.  
Ward C0 01633 493926

**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”**