

Sub-mucous diathermy or reduction of inferior turbinates

Discharge Advice

Discharge Advice following Sub-mucous diathermy or reduction of inferior turbinates

The aim of this procedure is to create space inside the nose by burning or trimming the soft tissue lining of the nose. This procedure is performed when you are asleep under general anaesthetic.

Following the anaesthetic 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 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 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 contacts in order to help you quit.

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 please contact the hospital or your GP 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 nose, lean forward and apply ice to the nose. If the bleeding fails to stop after 20 minutes please attend your nearest A&E department.

If you develop pus-like discharge (yellow-green) from your nose you should contact the hospital or your GP for advice. Crusts and scabs may develop inside your nose. Avoid picking these off 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 for you take home. Your surgeon may prescribe you a cream to help with crusting if they feel this is required. If you have any soluble dressing inside of your nose staff will advise you on ways to encourage this 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

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

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

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

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

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