

PATIENT INFORMATION

Advice Following Nose Operations

Children's Unit

GOING HOME

You must NOT take your child home on public transport.

If your child did not sleep on the ward, he/she may sleep longer than usual the first night home.

If your child is sick more than once, DO NOT give them anything to eat or drink for 1 hour. Start clear fluids and then cereal and toast. If vomiting continues, go straight to the Casualty Department.

Fizzy drinks and fatty foods are not recommended.

THE FIRST FEW DAYS

There may be a little watery discharge from the nose. This is normal and should not last for long.

Your child must NOT blow their nose until the day after the operation.

You may have been given cream or spray to use in the nose. Please make sure you know what to do with them before leaving the ward.

GOING TO SCHOOL

You should not send your child to school or play group on the day following the operation. This is to allow him/her to recover from the anaesthetic. He/she may feel a little tired.

SWIMMING

Your child is not allowed to go swimming for 2 weeks following the operation.

The water in the pool may irritate the nose or cause infection.

FOLLOWING A GENERAL ANAESTHETIC

A responsible adult should stay with the child for the next 24 hours.

Do not allow your child to cycle, go on busy roads or to playgrounds unaccompanied for the next 24 hours. Anaesthetic can affect balance and judgement.

If your child has a heavy nose bleed or you are worried about them, you can contact:

The Children's Ward 656912/656393

In an emergency, go to your local Accident & Emergency Department. Ambulance response will take you to the Paediatric Accident & Emergency Department, Ormskirk Hospital.

PLEASE NOTE, INPATIENT CARE FOR ANY COMPLICATIONS WILL BE VIA TRANSFER TO ALDER HEY CHILDREN'S HOSPITAL.

NOTES

During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Charge Nurse if you have any questions or concerns.

MATRON

A Matron is also available during the hours of 9.00 to 5.00 pm Monday to Friday. During these periods, ward/department staff can contact Matron to arrange to meet with you. Out of hours, a Senior Nurse can be contacted via the ward/department to deal with any concerns you may have.

INFECTION CONTROL REQUEST

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

SPECIAL INSTRUCTIONS

ANY CONDITION SPECIFIC DANGER SIGNALS TO LOOK OUT FOR:

If your child develops a temperature, excessive bleeding, or becomes generally unwell, contact the ward.

CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION

Your own GP –

Children's Ward, ODGH (01695) 656912

Children's A&E Dept, ODGH (01695) 656674

OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:

NHS 111

Stop Smoking Helpline (Sefton) - 0300 100 1000

Stop Smoking Helpline (West Lancashire) - 0800 328 6297

**Please call 01704 704714 if you need
this leaflet in an alternative format**

Southport and Ormskirk Hospital NHS Trust

Ormskirk & District General Hospital
Wigan Road, Ormskirk, L39 2AZ
Tel: (01695) 577111

Southport & Formby District General Hospital
Town Lane, Kew, Southport, PR8 6PN
Tel: (01704) 547471

FOR APPOINTMENTS

Telephone (01695) 656680
Email soh-tr.appointments@nhs.net

Please remember to complete the **attached** *Friends and Family Test*.

Alternatively, you can complete the *Friends and Family Test* on-line by going to: southportandormskirk.nhs.uk/FFT

Thank you

Author: Amanda Collinson
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