Mersey and West Lancashire Teaching Hospitals NHS Trust

Discharge advice for nasal surgery patients

Patient information leaflet

If you need this information in a different language or accessible format, please speak to a member of staff who can arrange it for you

Якщо вам потрібна ця інформація іншою мовою або в доступному форматі, зверніться до співробітника, який зможе це для вас організувати

إذا كنت بحاجة إلى هذه المعلومات بلغة مختلفة أو بصيغة ميسَّرة، فيرجى التحدث إلى أحد العاملين والذي سيقوم بترتيب ذلك لك.

如果您需要其他語言或無障礙格式的資訊，請聯繫工作人員，他們將為您安排。

இந்தத் தகவலானது உங்களுக்கு வேறொரு மொழியிலோ அல்லது எளிதில் அணுகக்கூடிய வடிவத்திலோ தேவைப்பட்டால், அதனை உங்களுக்காக ஏற்பாடு செய்துதரக்கூடிய பணியாளர் ஒருவரிடம் தயவுசெய்து பேசவும்.

Dacă aveți nevoie de aceste informații într-o altă limbă sau într-un format accesibil, vă rugăm să vă adresați unui membru al personalului, care va face demersurile necesare pentru dumneavoastră.

اگر به این اطلاعات به زبانی دیگر یا در قالب دسترس‌پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Se necessitar desta informação numa língua diferente ou num formato acessível, por favor fale com um membro da equipa que poderá organizá-la para si

اگر آپ کو یہ معلومات کسی مختلف زبان یا قابل رسائی فارمیٹ میں چاہیے، تو مہربانی کرکے عملے کے کسی رکن سے بات کریں جو آپ کے لیے اس کا بندوبست کر سکتا ہو۔

Jeżeli niniejsze informacje mają być przekazane w innym języku lub dostępnym formacie, prosimy o kontakt z członkiem personelu, który może to dla Państwa przygotować

ئەگەر پێویستیت بەم زانیارییانە هەیە بە زمانێکی جیاواز یان شێوازێکی تر، تکایە لەگەڵ ئەندامێکی ستافەکە قسە بکە کە دەتوانێت بۆت ڕێکبخات

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Dressings

- Sit upright as much as possible. This will help the swelling to settle.
- Keep your eyes clean and dry. If very swollen apply ice packs to reduce the swelling.
- Keep the plaster, splint and tapes that are applied to your nose, dry. **Do not** remove unless told to do so by your consultant.
- If necessary, please take your painkillers at least 45 minutes before your clinic or visit from the community nurse to help your pain relief during a change of dressing.
- Please ensure hands are cleaned thoroughly if you or someone else need to touch your wound at any time.

Exercises

Avoid all contact sports such as football, rugby etc. Avoid horse riding and snooker until your consultant says it's safe to do so.

Problems

Avoid crowded areas where you could get knocked on your nose. Please contact Ward 3A if you have any of the following problems:

- Pain that is not relieved by taking pain killers
- Bleeding that will not stop after applying gentle pressure
- You feel generally unwell
- The plaster splint falls off.

Dressing Clinic

You will be given an appointment to attend dressing clinic. It is very important that you keep this appointment. The telephone number for dressing clinic: **0151 430 1285**. Please contact the clinic promptly should you have problems your appointment.

If an ambulance has been arranged for you to return to the dressing clinic, please be ready 2 hours before your appointment time as ambulance tend to collect patients early and cannot wait for you to get ready.

Outpatient appointments

If you are expecting an outpatient appointment but do not receive one, please contact your consultant's secretary.

Aftercare

Try not to bend forwards if picking something up from the floor, bend at your knees.

If washing your hair, put your head backwards not forwards. It maybe a good idea to have a second person to help you if this is possible. Do not have hot baths or very hot drinks for the first 3-4 days following your operation as this may cause your nose to bleed. Do not put anything up your nose, blow your nose or remove any blood clots from the nose for a few days following surgery as this may cause the nose to bleed. If you feel you are going to sneeze, open your move and allow some of the pressure to be released through your mouth.

There may be students and observers present during your consultation as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance

Please ask a member of staff if you would like a chaperone present during your procedure.

MWL has a zero-tolerance approach to any form of abuse, violence or aggression shown to staff and patients, by patients, visitors or members of the public. We will not tolerate any form of bullying, victimisation, harassment, discrimination, unacceptable and inappropriate behaviour and/or unacceptable and inappropriate language.

All instances of abuse, violence or aggression, no matter how big or small, will be investigated and action taken if necessary.

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