

Discharge advice for nasal surgery patients

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此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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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 the 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 its 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

After care

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 mouth and allow some of the pressure to be released through your mouth.

Contact number

If you have any concerns, please contact Ward 3A on:

0151 430 1520