

Contact the Ward

If you have any worries at all about your surgery please phone Sanderson Suite on 01744 646098 or 4B ward on 0151 430 1637 for advice from the nursing staff. Please do not return to the ward before seeking advice from a member of nursing staff.

Other useful organisations:

<http://www.patient.co.uk/>

<http://www.nhsdirect.nhs.uk/index.asp>

<http://www.patientsupport.org.uk/>

If you have any questions please speak to a member of the nursing team.

This leaflet can be made available in alternative languages/ formats on request.

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600



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www.sthk.nhs.uk

Manipulation Under Anaesthetic (MUA) of Nose

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
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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Today you will have a manipulation, (re-positioning) of the bones of your nose.

This will be done under a general anaesthetic, (when you are asleep).

If you have any questions about your care please see any member of the ward staff who will be happy to advise you. We want you to understand all aspects of your care.

Your nurse today is.....

You will need a clinic appointment

You will not need a clinic appointment

You will need to stay off work for about 2 weeks.

Avoid contact sports for about 4-6 weeks.

You are advised not to smoke for as long as possible.

Try to avoid smoky/dusty places for at least 4 weeks.

Avoid contact with people who have had a cold or infection, for at least 2 weeks.

Post Operative Instructions

- You can eat and drink as normal, but drink warm, (instead of hot fluids), for the next 24 hours.
- Try to avoid blowing you nose excessively.
- Try to avoid sneezing. If you need to sneeze, keep your mouth open.
- If your nose feels blocked, try steam inhalations (staff will explain this to you).
- **Do not** place any objects up your nose, (including fingers).
- Take mild pain-killers if needed. (For example, tablets you would take for a headache).

Your nose may drip/ooze slightly for up to 1 week.

If your nose starts to bleed, lean forward and carefully pinch your nostrils closed, directly below the bony part of your nose.

Do this for about 10 minutes.

Spit out any blood that runs down your throat, instead of swallowing it.

If the bleeding continues or if you develop severe pain or blockage go to your nearest accident and emergency department

If you have any minor concerns please ring the ward or see your GP for medical advice.