

## 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



# Septoplasty

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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This is the correction of the deformity in the septum, (this is the midline partition of the nose).

Your nurse today is.....

You will normally be allowed home a few hours after the packs have been removed, but if there is any bleeding you may need to stay in overnight.

You will receive a clinic appointment in the post.

Take medication as prescribed.

You are advised to drink cool fluids for approximately 24 hours.

You will need to stay off work for approximately two weeks.

Avoid contact sports for at least two months.

You are advised not to smoke and avoid smoky/dusty places.

Avoid contact with people who have had a cold or infection.

## Post operative instructions

- Try to avoid sneezing. If you have to sneeze, do so with your mouth open.
- Try to avoid blowing your nose excessively.
- You can apply Vaseline to your nostrils, if you wish, for comfort.
- Do not place any objects (including fingers) up your nose.
- Your nose may drip slightly for up to one week.
- Your nose will feel blocked for about 2 - 3 weeks. Try steam inhalations if you wish.

**If it starts to bleed excessively, pinch the bottom part (as shown) go to your nearest accident and emergency department.**

**If it becomes very painful and blocked, go to your nearest accident and emergency department.**