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**INFORMATION FOR PATIENTS ON HOSPITAL DISCHARGE
Following Nasal Surgery - Septoplasty or Endoscopic sinus surgery**

1. NO NOSE BLOWING.

You will be discharged the day after all nasal packing or dressings have been removed. It is normal for the nose to be very blocked and congested from swelling as well as clotted blood and mucus within the nose. It will gradually clear a little over 2 weeks.

Please DO NOT blow the nose at all for three/four days. After this, gentle nose blowing is permitted. This will help avoid nosebleeds.

2. MEDICATIONS

Antibiotics

If a course of antibiotics has been prescribed, please take these as indicated on the bottle.

Nose Drops

Decongestant nose drops (Ephedrine) and anti-inflammatory steroid nose drops (Betnesol) will usually have been prescribed. Please instil two/three drops of each into each nostril three or four times a day for the first 10 – 14 days.

The correct method of inserting nose drops is with the head right upside down as if you were about to do a headstand. This can often be best achieved by leaning forwards over the end of a sofa or bed in the upside down position. Stay there for half a minute then sit up and sniff.

Pain Killers

The nose will be tender but may not be too painful at all. Simple analgesics such as Paracetamol, or Ibuprofen may be sufficient. Unless you are allergic (or have asthma with Ibuprofen sensitivity), you can take both these pain killers at the same time to increase their effect. Take them as directed on the packet 3 –4 times per day. You can use your own supply of these, bought from the chemist. You may have been given more powerful pain killers such as Codeine Phosphate. Codeine can be taken (by adults) at the same time as Paracetamol and Ibuprofen as an additional analgesia.

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Oral Steroids

Sometimes, you will have been discharged on a short course of steroids taken by mouth, (Dexamethasone or Prednisolone). These will often start at a bigger daily dose for 4 –7 days then reduce in dose before stopping. Take them as directed on the bottle. Steroids do cause increased appetite, temporary weight gain and fluid retention. They can cause indigestion symptoms, in which you should use an antacid or Zantac from the chemist. If you feel very unwell or mentally disturbed please discontinue them and contact Mr Morrison's secretary.

3. FOLLOW UP

Your first out-patient clinic visit should usually be arranged at about 2-3 weeks from the operation. Please telephone to book it at your convenience. At this visit Mr Morrison will probably be able to clear the airway further using a local anaesthetic spray and change the medications. The nose will then gradually become clearer over the coming weeks.

4. BLEEDING

It is normal to have a blood stained secretion for a few weeks after the surgery and small nose bleeds which settle quickly are also possible. If the nose does bleed you can try pinching it in the lower half for five minutes and/or placing a bag of frozen peas or crushed ice over the nose for a similar period. Sit up and lean forward over the sink spitting out any blood. If the nose continues to bleed for longer than ten to 20 minutes you should contact Mr Morrison for further advice and will probably need to be examined as an emergency.

5. SICK LEAVE

You are usually advised to take two weeks sick leave from work if this is possible following your operation. If not, try to return to work on an easy schedule as stress might increase the risk of nose bleeding.

6. EXERCISE

Please avoid any strenuous exercise in the first 2-3 weeks after the operation. Brisk walking & everyday activities are fine but swimming, gym-work or sports are best avoided.

7. EMERGENCIES

If you need to contact Mr Morrison for general advice or in an emergency firstly please try the office telephone number **0207 487 4446**.

If there is no response on the above number and you need to contact Mr Morrison out of hours please telephone the Hospital & ward where you were staying. The Nurses will be able to get a message to Mr Morrison at home or on his mobile phone so that he can advise. If Mr Morrison is going to be away, he will usually have suggested an ENT Consultant Colleague who might cover.

Finally, NHS emergency care is available from the ENT Specialist Registrar on Call at Guy's & St Thomas' Hospitals, or from your nearest NHS hospital with an ENT Department.