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**INFORMATION FOR PATIENTS ON HOSPITAL DISCHARGE
Following Nasal Surgery - Septorhinoplasty**

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. This will help avoid nose bleeds.
After this, gentle nose blowing is permitted.

1 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 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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2 BRUISING & SWELLING

Black eyes, facial bruising and nasal swelling are normal and can be very marked for a week or so. Even when the plaster is removed at one week, the whole nose will be wide and swollen. This is normal, and takes some weeks to settle.

3 FOLLOW UP

Your first out-patient clinic visit should usually be arranged at about 7 days from the operation, to remove the Plaster of Paris nasal splint. Please telephone the office to book this. At this visit Mr Morrison will probably change the medications. The nose will then gradually become clearer over the coming weeks, and the bruising settle.

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. Sit up and lean forward over the sink spitting out any blood. If the nose continues to bleed for longer than 10 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. If there is no response on the above number and you need to contact Mr Morrison out of hours please ring the hospital where you had your operation (phone numbers given above). They will be able to get a message to Mr Morrison so that he can advise.

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.