

Day Surgery Centre – Surgery to your Nose (Septoplasty or FESS)

Introduction

In order to reduce bleeding following your surgery absorbable sponge dressings will be packed into your nose. They will dissolve over the next 48 hours by themselves. If non absorbable packs are used you will be given an appointment to return to the hospital to have them removed. Whilst the packs are in place your nose will be completely blocked. Mouth breathing will make your mouth and throat dry – regular sips of water will make you feel more comfortable.

If you have had a septoplasty splints may be placed to keep the nasal cartilage straight. You will be given an appointment to return to the hospital for their removal.

Once the packs have dissolved or been removed you will continue to feel blocked up because the linings of your nose are swollen. It may be up to 4 – 6 weeks before your nose settles completely

Guidance for Patients

Will I be in pain after my surgery?

During your operation local anaesthetic will have been injected into your wound to relieve pain. When this starts to wear off you may experience some mild to moderate discomfort. To help ensure good pain control please take your pain relieving tablets regularly.

Bleeding following your surgery.

For the first 2 – 3 weeks following your surgery it is quite normal to experience a watery or blood stained discharge from your nose. However if your nose starts to bleed heavily you should:-

- Sit upright with your head leaning slightly forward over a bowl
- Squeeze the soft part of your nose firmly and steadily between your thumb and forefinger for 5 – 10 minutes
- Allow any blood or clots in your mouth to run out into the bowl
- If necessary apply an ice pack or a cold flannel to your nose or suck an ice cube.

If the bleeding persists despite these measures you should seek medical advice immediately – contact the 23 hour ward on 01926 495321 ext. 8147 or at weekends ring Hatton ward 01926 495321 ext. 4358

To help your recovery and reduce the risk of nose bleeds:-

- Try not to sneeze. You can stop a sneeze by pressing above your upper lip and under your nose. If you must sneeze, open your mouth
- You should not blow your nose for 10 days as you may disturb any blood clots forming and cause a nosebleed
- Use a clean tissue each time you need to wipe your nose: this will reduce the risk of infection
- Refrain from smoking and drinking alcohol during the first two weeks
- You should not take part in any sports for at least two weeks as exertion may increase the risk of bleeding
- No heavy lifting for 2 weeks
- Stay indoors as much as possible for the first 5 days and avoid crowded areas to reduce the risk of infection

My Planned Care Patient Information Platform

What are the signs of a surgical wound infection?

After leaving hospital a small number of patients may develop a wound infection. If you experience any of the symptoms listed below it may indicate that you have an infection.

- You have painful sinuses.
- You have a yellow/green (pus) discharge from your nose.
- You feel generally unwell, feverish or you have a temperature-

Please contact your own GP as you may require further treatment.

When may I have a shower or a bath?

It is not advisable to bath or shower alone for the first 24 hours following your surgery as you may feel faint or unwell following your general anaesthetic. After this time you may bath or shower as normal ensuring that any dressings are kept dry.

Will I need time off work?

You should discuss this at the Day Surgery Centre and a medical certificate will be supplied if necessary.

When may I drive?

You must not drive for at least 24 hours after a general anaesthetic. You should not drive until you feel comfortable and safe to carry out an emergency stop with confidence.

Will I have an outpatient appointment?

Before leaving the Day Surgery Centre a member of staff will tell you about any further appointments with your surgeon. If you do not receive confirmation of this appointment in the post please ring the call centre on: - 01926 600036

What should I do if my health is deteriorating?

Please contact our call centre on 01926 600036

In emergencies, please contact NHS 111 for advice.

Contact Us

If you require further non urgent advice following your surgery please contact the Day Surgery Centre at Warwick Hospital who will be happy to help.

The Day Surgery Centre is open from Monday to Friday 8.00 am to 8.00 pm

Telephone number – 01926 495321 ext. 4342