

ENT /Head and Neck Department

Discharge advice following nasal polypectomy

Definition

This operation is the surgical removal of lumps of swollen lining of the nose and sinuses to improve the nasal airway.

Day of Discharge

Before you are discharged home, your Consultant or his deputy will come to see you and agree your discharge.

Nutrition

After your operation you may resume with your normal dietary intake. Alcohol should be avoided or kept to a minimum for one week, as it increases the risk of bleeding from your nose.

Mobility

We advise you to rest for a few days following your operation, and to avoid heavy work for one week. It is important to avoid dusty or smoky atmospheres and crowded places e.g. pubs and parties for one week; this is to prevent unnecessary irritation to the nasal lining and to reduce the risk of infection.

Bathing

You may shower or bath as normal after discharge from hospital.

Driving

You may resume driving 48 hours after your operation.



Patient Information

Sexual Relations

You may resume your normal sexual relations as soon as you feel well enough to do so.

Return to Work

You will need to refrain from work for up to 14 days after your operation depending on your job and how you are feeling. A sick note is available from the Ward Clerk to cover you whilst you are in hospital but you will need to visit your GP for further sick notes.

Wound Care

- Avoid blowing your nose for the first 24 - 48 hours following surgery, you may then blow your nose gently for the first week.
- Some blockage and blood stained discharge is to be expected for the first week following surgery.
- It is also important not to pick your nose, or insert any cotton buds or tissues into your nose as it could cause infection.
- If possible reduce or stop smoking in order to aid healing.

Medication

You may experience some nasal discomfort, tenderness and headaches following surgery, for which you can take Paracetamol. Your Consultant may also prescribe Nasal drops or a spray or an Inhalation to help with the nasal congestion. An initial supply of this medication may be provided before you leave the ward or you may be advised to get this through your GP.

Nasal Douche:

Start washing (douching) your nose after 48 hours with $\frac{1}{4}$ TSP table salt, $\frac{1}{4}$ TSP sodium bicarbonate and $\frac{1}{4}$ TSP sugar dissolved in 1 pint of warm water.

Problems:

If there is any bleeding from your nose after you are discharged:

Pinch the soft part of your nose firmly, whilst sitting upright with your head tilted slightly forward.

- Try not to swallow any blood, but spit it out into a bowl.
- Place ice cubes or a bag of frozen vegetables on to the bridge of the nose, relax and breathe through your mouth.
- If the bleeding does not stop after fifteen to twenty minutes, please contact the ENT ward at University Hospital on **024 7696 7831**. They will advise you and may ask you to return to the ward. Or go to your nearest Accident and Emergency Department.

Patient Information

Out-patients Appointment

If you require a follow up appointment in the out-patients department, this will be sent to your home address.

Post

Any mail which arrives for you following your discharge will be re-directed to your home address.

We wish you a speedy recovery.

The Trust has access to interpreting and translation services. If you need this information in another language or format, we will do our best to meet your needs. Please contact the Department on **024 7696 7831**

The Trust operates a smoke free policy.

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