

## ENT / Head and Neck

# Discharge advice following septoplasty

### **What is a submucous resection of the septum/septoplasty?**

A submucous resection of the septum is an operation to correct deformity of the nasal septum and to improve the nasal airway. This is done by removing or repositioning of the skeleton of the septum.

### **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. Please also avoid contact sports for four weeks after surgery unless advised to the contrary by your Consultant.

### **Bathing**

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

### **Driving**

You may resume driving 48 hours after your operation.

### **Sexual Relations**

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



# Patient Information

## 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 feel. This is to reduce the risk of infection and to allow your nose to heal. 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 and / or an Inhalation to help with the nasal congestion and if so an initial supply of this will be provided when you leave the ward.

## 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.

## Contact

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 telephone the Head and Neck ward 024 7696 7831. They will advise you and may ask you to return to the ward. Or contact your nearest Accident and Emergency Department. You may also ring this telephone number if you require any further information.

# 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 or alternatively you may be asked to go to your own GP. You will be informed as to which applies to you before you leave the ward.

## Post

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

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.

### Document History

Author	Darius Rejali
Revised	Chaitanya Bhatt
Published	January 2007
Reviewed	June 2019
Review	June 2021
Version	4.1
Reference	HIC/LFT/509/07