

## ENT Department & Head and Neck Department

# Discharge Advice Following Trimming of Turbinates or Turbinectomy

The operation is carried out to improve the nasal airway. This is done by trimming or removing the turbinates, part of the lining of the nose.

### 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 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.

### 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 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 prescribe nasal drops or a spray or an Inhalation to help with the nasal congestion and if so an initial supply may be provided before 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 dissolve in 1 pint of warm water.

## Bleeding

If there is any active 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 Head and Neck ward 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. You may also call this number if you require any further information following your discharge.

# 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.

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 024 7696 7831.

The Trust operates a smoke free policy.

### Document History

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