

## ENT

# Discharge advice after Septoplasty Submucous Resection of the Septum

### Introduction

The septum is the cartilage and bone inside the nose that divides the nostrils. While the septum is usually straight, it can be deviated (bent), leading symptoms of a blocked nose. Septoplasty and Submucous Resection are operations designed to correct a deviated nasal septum. These surgeries involve removing the bent portions of cartilage and bone and putting the rest back in position.

### Nutrition

After your operation, you may resume with your normal dietary intake. However, alcohol should be avoided or kept to a minimum for 1 week, as it increases the risk of bleeding from your nose.

### Mobility

- We advise you to rest for a few days after your operation and to avoid heavy work for 1 week.
- It is important to avoid dusty or smoky environments and crowded places, such as pubs and parties, for 1 week. This will help prevent unnecessary irritation to the nasal lining and to reduce the risk of infection.
- Please avoid contact sports for 4 weeks after surgery unless advised otherwise by your consultant.

### Bathing

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



## Patient Information

### 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.

### Return to work

You will need to refrain from work for up to 14 days after your operation, depending on the nature of your job and how you feel. This is to reduce the risk of infection and allow your nose to heal properly. **A sick note** is available from the ward clerk to cover you while you are in the hospital, but you will need to visit your GP for further sick notes.

### Wound care

- Avoid blowing your nose for the first 24 to 48 hours after your surgery. After that you may blow your nose gently for the first week.
- Some blockage and blood-stained discharge are to be expected during the first week after surgery.
- It is also important not to pick your nose or insert any cotton buds or tissues into your nostrils, as this could cause infection.
- If possible, reduce or stop smoking in order to help the healing process.
- The consultant may advise you to purchase a saline nasal rinse or spray, which you may need to use for several weeks, 2-3 times per day after the operation. Dissolvable nasal packing is commonly used in polyp surgery and septoplasty. This packing will slowly break down and come out as a dark jelly-like substance during nasal irrigation over the course of a few weeks.

### Medication

You may experience some nasal discomfort, tenderness and headaches after your surgery, for which you can take paracetamol. Your consultant may also prescribe nasal drops and / or an inhalation treatment to help with nasal congestion. If so, an initial supply will be provided when you leave the ward.

## Patient Information

### **Further information**

If you require any further information or have any concerns, do not hesitate to contact:

#### **The Day Surgery Unit:**

Telephone 024 7696 6868 or 024 7696 6861

Open 8am to 9pm.

Or alternatively **contact your own GP.**

### **If you experience any bleeding from your nose after discharge:**

- Pinch the soft part of your nose firmly, while sitting upright with your head tilted slightly forward.
- Try not to swallow any blood, instead, spit it out into a bowl.
- Place ice cubes or a bag of frozen vegetables on to the bridge of your nose. Relax and breathe through your mouth.
- If the bleeding does not stop after 15 to 20 minutes, please contact the Day surgery unit at 024 7696 6868. They will advise you and may ask you to return to the ward. Alternatively, you can go to your nearest Accident and Emergency (A&E) department.

### **Outpatients appointment**

If a follow up appointment in the outpatient department is needed, the details will be sent to your home address. Alternatively, you may be advised to visit your GP. You will be informed of which option applies to you before you are discharged from the ward.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6868 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

## Patient Information

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