

ENT

Discharge advice after trimming of turbinate 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 their deputy will come to see you and confirm your discharge plan.

Nutrition

After your operation, you may resume 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 after your operation and avoid heavy work for one week. It is important to avoid dusty or smoky environments and crowded places such as pubs and parties for one week. This will help to prevent unnecessary irritation to the nasal lining and reduce the risk of infection.

Bathing

You may shower or bath as normal after discharge from the 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



Patient Information

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 for 2 weeks is available from the Ward Clerk.

Wound Care

- Avoid blowing your nose for the first 24 to 48 hours after the surgery; you may then blow your nose gently for the first week.
- Some blockage and blood-stained discharge is to be expected for up to 2 weeks after the surgery.
- It is important not to pick your nose or insert any cotton buds or tissues into your nose as this could cause infection.
- Regular saline nasal douching helps clear the nose of crusts. You can get this from your local pharmacy or make your own saline solution.
- **Nasal Douche:**
 - Start washing (douching) your nose after 48 hours with $\frac{1}{4}$ teaspoon table salt, $\frac{1}{4}$ teaspoon sodium bicarbonate and $\frac{1}{4}$ teaspoon sugar dissolved in 1 pint of warm water.

Medication

You may experience some nasal discomfort, tenderness and headaches after the surgery. For this, you can take Paracetamol. Your consultant may prescribe nasal drops, a spray or an inhalation to help with nasal congestion. If prescribed, an initial supply may be provided before you leave the ward.

Bleeding

If there is any active 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 but spit it out into a bowl.
- Place ice cubes or a bag of frozen vegetables on the bridge of your nose, relax and breathe through your mouth.

Patient Information

If the bleeding does not stop after 15 to 20 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 (A&E) Department. You may also call this number if you require any further information following your discharge.

Outpatients appointment

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

Post

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

Further Information

For further information or clarification, please contact the ENT Department on 024 7696 7007.

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 7007.

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