

## ENT

# Discharge advice following Nasal Polypectomy

### Introduction

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

### 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 after your operation, and to avoid heavy work for one week. It is important to avoid dusty or smoky atmospheres and crowded places such as 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. Please ask on the ward if you need a sick note.

### **Wound Care**

- Avoid blowing your nose for the first 24 - 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 the first week after the 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 after the surgery, for which you can take Paracetamol based products. 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.

### **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;

## Patient Information

- If the bleeding does not stop after 15 - 20 minutes, please contact the Day Surgery Unit on telephone 024 7696 6868 or 024 7696 6861, between the hours of 08:00am and 9:00pm.
- Alternatively, contact your own GP or go to your nearest Accident and Emergency Department.

## Outpatient Appointment

If you require a follow up appointment in the Outpatient Department, this will be sent to your home address.

## 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 8.00am to 9.00pm.

Or alternatively **contact your own GP.**

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.

To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

### **Document History**

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