

ENT

Discharge advice following Submucous Resection of the Septum/Septoplasty

Introduction

The septum is the cartilage and bone inside the nose that divides the nostrils. The septum is usually straight but it can be deviated (bent) causing symptoms of a blocked nose. A Septoplasty and a Submucous Resection are operations to correct a deviated nasal septum. This involves removing the parts of the cartilage and bone that are bent and putting the rest back in position.

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. Please also avoid contact sports for four weeks after surgery unless advised otherwise by your consultant.

Bathing

You may shower or bath as normal after discharge from 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 your job and how you feel. This is to reduce the risk of infection and to allow your nose to heal. Ask on the ward if you need a sick note.

Wound care

- Avoid blowing your nose for the first 24 - 48 hours after your 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 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.

Further Information

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

Patient Information

The Day Surgery Unit:

Telephone 024 7696 6868 or 024 7696 6861

Open 8.00am to 9.00pm.

Or alternatively **contact your own GP.**

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 15 - 20 minutes, please telephone the Day Surgery Unit 024 7696 6868. They will advise you and may ask you to return to the ward. Alternatively contact 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 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.

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

Document History

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