

Nasal Surgery

There are several different types of nasal surgery these include:

- Septoplasty - correction of the nasal partition to help with nasal breathing.
- Septorhinoplasty - correction of the alignment of the whole of the nose (to aid nasal breathing, but there may also be an alteration to the shape of the nose).
- Sub mucous diathermy of the inferior turbinates - using an electric current to 'burn' the tissues inside the nose, causing them to scar and shrink also to aid breathing and reduce nasal sensitivity.
- Manipulation of nasal bones - carried out between 7 to 10 days after injury to the nose.
- Polypectomy.

Complications related to nasal surgery are:

- Brisk bleeding is unusual - if this occurs, suck on an ice cube and make an ice pack (get a plastic bag and put in several ice cubes or frozen peas, wrapped in a cloth), hold this against the upper bridge of your nose and forehead. If the bleeding continues for more than 15 minutes, contact the ward for advice.
- Bleeding - the nose may ooze for several days after the operation, blood stained at first but will gradually become clear.
- Infection - this is very uncommon. If your nose feels hot to touch and you notice a smelly, green discharge from your nose contact the Ward or your GP for advice.



- Pain - this is unusual after nasal surgery, but you may ache for a day or two. You will be given pain relieving medication to take home but if your pain is severe, ring the ward or your GP for advice. If the pain increases and you experience a throbbing sensation and raised temperature (fever), please contact the ward straightaway.
- Mis-alignment - if your nasal bones have been repositioned, they may not have re-set in the correct line. No surgeon can guarantee that your nose will be absolutely straight after your operation. The setting of the bones will be monitored after your operation.
- Sense of smell - some temporary changes to your sense of smell are normal, a permanent change is rare.
- ‘Supratip dip’- a slight depression between the tip of the nose and the nasal bones can occur during the operation to correct the septum. This rarely happens; if it is apparent at the time of surgery, it can be corrected and if it appears later you may be offered corrective surgery.
- Scarring - occasionally scars form inside the nose and if this should happen the scars will need to be divided. This is usually done under local anaesthesia in the outpatient clinic.

After your operation

- Nasal hygiene - you may find that in addition to a discharge that your nose feels blocked. This is common after nasal surgery and it is blocked with dried blood and mucous, keep the nasal entrance clear by following these nasal douching instructions:

Use a pint of cooled (body temperature) boiled water and dissolve one teaspoon of salt and bicarbonate of soda (baking soda).

Several times a day sniff the liquid gently up both sides of the nose. This will help loosen any crusts and blood clots (follow this for several weeks).

You may also have a splint or paper strips on the outside of your nose, please try and keep it dry. You will be told on discharge about when and who will remove it.

- Dental hygiene - clean your teeth carefully, especially the upper set, using a soft toothbrush.



- Eating - avoid foods which require a lot of chewing and those that are spicy, which might make you sneeze. Avoid drinks for up to two weeks.
- Smoking - do not smoke, and avoid those who do, as well as smokey areas.
- Going out - avoid public places and crowds especially for the first 10 days after your operation. Avoid people whom you know to have infections or colds.
- Clothes - avoid clothes with tight necks which go over the head. These may disturb the nose, especially if it has been reset.
- Exercise - avoid strenuous exercise, do not jog, do aerobics, swim or play contact sports until your surgeon says you can do so.

Remember:

- Try not to knock your nose
- Do not blow your nose
- Try not to lift or carry heavy items
- Sneeze with your mouth open.

Follow this advice for about two weeks.

If you require any further advice or help, please contact Doncaster Royal Infirmary, Ward S12, **Tel: 01302 553143**



Patient Advice & Liaison Service (PALS)

PALS staff are available to offer advice or information on healthcare matters. The office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email. PALS staff can also visit inpatients on all Trust sites.

The contact details are:

Telephone: 01302 553140 or 0800 028 8059

Email: pals.dbh@dbh.nhs.uk

