



after Nasal/Sinus Surgery

After care:

- You may have packing in your nose to prevent bleeding. This will dissolve in 5-7 days.
- You may be required to apply some nasal ointment as prescribed to prevent infection. Use the back of your knuckle to apply.
- You may have a little pink blood-stained oozing down your nose or throat. Do not worry, a small amount is normal.
- Elevate your head when sleeping or resting.
- You may need up to 2 weeks off work, especially if your job involves heavy lifting/strain.

Things to avoid:

- Hot drinks or meals for 24-48 hours – you can have warm and cold items.
- Showers or baths for 24-48 hours – DO NOT direct hot water towards your face.
- Blowing your nose for 2 weeks.
- Travel by aeroplane for 2 weeks.
- Swimming for minimum 3 weeks from last nosebleed.
- Exercise and heavy lifting for 2 weeks.
- Contact sports for 1 month.
- Tight clothing pulled over your head for 2 weeks.

If you have a nosebleed:

Lean forward, hold the soft part of your nose firmly, apply ice to the back of your neck and the hard part of your nose (bridge).

If the bleeding lasts longer than 15 minutes attend your nearest A&E.

Nasal irrigation:

- You will be told how many days after your surgery you should start doing this.
- **Recipe:** add ½ tsp table salt and ½ tsp bicarbonate of soda (baking soda) to a mug of cooled boiled water OR use premixed sachets bought from a pharmacy.
- **Method:**
 - Buy a sinus rinse bottle (e.g. Neilmed or similar)
 - These are available at pharmacies or online.
 - Make the mixture fresh for each use if making from scratch.
 - Watch the following video for the correct nasal rinsing technique: [NeilMed Sinus Rinse](#)
 - Do this twice daily for two weeks.
 - You may be asked to add a steroid solution to this rinse.
 - Budesonide – as directed by your surgeon.
 - Flixonase – one nasule per side.

Nasal sprays (saline/steroid):

Technique:

- Blow/rinse your nose.
- Tilt head forward and insert the nozzle into your nostril.
- Aim the spray AWAY from the centre of the nose towards the outer wall of the nostril.
- If using in both nostrils repeat on the other side.

For more step-by-step information:

Video: https://www.youtube.com/watch?v=_ytYj1TLojM

Diagrams: https://www.entuk.org/patients/conditions/79/how_to_use_nasal_sprays

After spraying:

- Avoid sniffing.
- You may find a flavoured drink helpful for any unpleasant taste.

Note: it may take a few days to feel the benefit of your steroid spray.

Steroid nasal drops:

Technique:

- Blow/rinse your nose.
- Lie flat on a surface and tilt your head back.
- Place the drops in your nose and move your head side to side.
- Remain in this position for a few minutes to allow the drops to be directed to the correct place.

For more step-by-step information:

https://www.entuk.org/patients/conditions/77/how_to_use_nasal_drops

Note: only use nasal steroid drops for a limited time as prescribed as these drops are more concentrated than the steroid nasal sprays.

If you have a nosebleed that lasts longer than 15 minutes attend your nearest A&E

Contact numbers

If you have any concerns you can contact:

Suite 9 ENT Outpatients (Monday to Friday 9am-5pm) – **02921 843174**

Surgical Hub (Monday to Friday 7am- 7pm) - **02921 826510** or **02921 826348**

