

# Surgery to the Nose

## Day Surgery Post-Operative Advice

Date.....

Today you were admitted to the Day Surgery Unit for.....  
.....

You were discharged by.....

It is common for you to experience nose bleeds over the next few days. If you do have one, apply pressure to the bridge of your nose and apply a bolster.

Then place an ice pack to the back of your neck and forehead. If after 15-20 minutes bleeding continues, please attend RSCH A and E. Please ensure you have a good supply of ice or cold packs in case of emergency.

It will be quite sore and swollen; this should reduce over the next few days. Ensure you take regular painkillers over the next 24-48 hours.

Avoid people with coughs and colds and smoky crowded places.

Do not blow your nose for 2 weeks.

Avoid hot drinks and baths/ showers for 48 hours.

Avoid excessive physical activity, particularly contact sports for 1 week.

### **Useful Numbers**

Clandon Ward; 01483 464067

Notes.....  
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## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

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Version: 2

Published: Mar 2020

Review: Mar 2022

**We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.**



اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید.

आपनार अनुबादेर दरकार हले एथाने योगायोग करुन : 01932 723553

ਜੇ ਭੁਗਾਨੂੰ ਝਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤزر اس فون نمبر 01932 723553 پر رابطہ کریں

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Se precisa de uma tradução por favor contacte: 01932 723553

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