

Nasal surgery

Useful guidelines for your child's recovery at home

Diet and fluids

You can gradually build up to eating a normal diet. Avoid hot food and drinks for the first few days after surgery. Most importantly, drink plenty of fluids.

Activity

- When bending down, bend at the knees and try to keep the head upright
- Your child should not sniff or blow their nose until after you they have seen their surgeon. They can wipe their nose with a tissue.
- Sneeze with an open mouth to decrease the pressure in the nose
- Your child should sleep upright (at 30-45° angle) until the swelling around their eyes and nose has subsided
- Most swelling and bruising should disappear within two weeks. Because of the swelling there may be some discomfort with breathing and the nose may seem 'blocked' for several weeks.
- It is important that your child has plenty of rest and quiet time as they recover. They should remain at home, resting, for the next week if possible. During the second week, they can recommence gentle activity.
- Avoid strenuous activity or exercise until after the surgeon's review as it takes three weeks before healing is complete
- Be aware that some pain relieving medications can cause constipation. These should be avoided as it causes straining. Aim for high-fibre foods and increased fluids.
- Do not insert any objects in the nose, even for cleaning

Bleeding

It is common for a small amount of bleeding following surgery. If bleeding persists to approximately a teaspoonful or more, suck ice or an icy pole and place ice on the back of the neck. If it does not stop, go to your nearest emergency department.

Hygiene

- Your child will be given gauze nasal bolsters for under their nose which will need to be changed when stained. Once the nasal discharge has stopped the bolster will not be needed.

- Have warm showers only, not hot. Your child should use a face washer to wash their face for the first few days after surgery, while they still require the nasal bolster.
- They should use a mouthwash frequently if their mouth is dry
- They should keep their lips moist with a lip balm

Medications

- If your surgeon has prescribed antibiotics, take them as directed. Your child should not stop taking them just because they feel better. It is important that they take the full course of antibiotics.
- Give your child pain relief as directed
- Paracetamol can be given every four to six hours but no more than four times in a 24 hour period (ensure you follow correct dosage instructions for your child's age)
- Do not give aspirin
- If your surgeon has prescribed any other medication administer as directed

Follow-up

Please contact your surgeon's rooms to organise a follow-up appointment, if you don't already have one.

When to contact your surgeon

Please contact your surgeon if your child has:

- A persistent temperature of 38.5°C or higher
- Strong pain unrelieved by regular pain relief

It is important to go to the nearest emergency department if your child has:

- Persistent fresh bleeding from the nose or mouth (more than a teaspoon)
- Difficulty breathing

A note before you leave the hospital

Please report to the reception desk in the foyer of the hospital before leaving to finalise any administrative paperwork.

Questions

If you have any questions or concerns, please don't hesitate to contact your discharge ward on the number below.