

Patient Information

After Nasal Surgery

Team or department name

Introduction

Caring for Yourself After Your Operation

Your nose and sinuses need time to heal following surgery. The advice below will help reduce swelling, lower the risk of bleeding, and support your recovery.

During the First 24–48 Hours

- Do not blow your nose. After 48 hours, you may blow your nose very gently for the first week.
- Avoid sniffing, as this can increase swelling inside the nose.
- If you need to sneeze, keep your mouth open. This helps reduce pressure on your nose and supports healing.
- Rest and avoid strenuous activity. Do not lift heavy objects or exercise for the first two weeks as this can increase swelling and the risk of bleeding.
- Sleep with your head raised on two or three pillows, or in a slightly upright position, to help reduce swelling.
- Take pain relief as advised. Paracetamol is usually recommended. Avoid aspirin unless your doctor has specifically advised you to take it, as it can increase the risk of bleeding.
- It is normal to have a small amount of blood-stained discharge and to feel blocked or congested. This is usually caused by swelling, dried blood and mucus.

Looking After Your Nose

- Follow the instructions you have been given about cleaning your nose. This may include using salt water (saline) rinses, steam inhalation or prescribed nasal sprays.
- Do not pick your nose or put anything inside it while it is healing.
- Avoid smoky or dusty environments, and do not smoke, as this can slow healing.
- Your sense of smell and taste may be reduced for a few weeks because of swelling and crusting inside the nose. This usually improves as your nose heals.

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Returning to Normal Activities

You can gradually return to your usual daily activities as you feel able.

Avoid contact sports, heavy exercise and strenuous physical activity until your surgeon tells you it is safe. This is often around six weeks but may be longer depending on your recovery.

When to Seek Medical Advice

Please contact your GP, NHS 111, or attend your nearest Accident & Emergency (A&E) Department if you experience any of the following:

- A temperature (fever) or signs of infection, such as increasing pain, swelling, redness, warmth, or discharge from your nose.
- Bleeding that does not stop after applying a cold pack to the bridge of your nose and maintaining gentle pressure for 15–20 minutes.
- A continuous clear, watery fluid leaking from your nose.
- Swelling around your eye or any changes to your vision.

If heavy bleeding continues after 20 minutes of continuous pressure, attend your nearest A&E Department immediately.

Advice After General Anaesthetic

A general anaesthetic can affect your memory, concentration and reaction times for up to 24–48 hours after your operation.

If you are discharged home on the day of your surgery, a responsible adult should stay with you for at least the first 24 hours.

For the first 24–48 hours, you should avoid:

- Driving.
- Drinking alcohol.
- Smoking.
- Operating machinery or using potentially dangerous equipment, including kitchen appliances.
- Signing important or legal documents.

If You Have Any Questions

If you have any concerns after your surgery, please contact the Alexandra Day Surgery Unit on: 01279 973484 or 01279 973482

If you need information about your follow-up appointment, please contact the Appointments Team on: 01279 827391

If you would like this leaflet in another language or format, or you would like to give feedback on your care, please contact our patient experience team on paht.pals@nhs.net