

**Patient
Information**

Septoplasty aftercare advice (ENT)

Introduction

This leaflet gives you care advice to follow after your septoplasty surgery.

If you have any questions or concerns after discharge from hospital, please contact the ENT Outpatient Nurses between 8:00am and 5:00pm (the number is at the end of this leaflet). Out of normal working hours, contact NHS 111 for advice.

In an emergency, please go straight to the nearest Emergency Department.

After the surgery

After the surgery you will return to the ward. You are advised to rest in bed as the anaesthetic might make you feel sleepy. Please do not leave the ward as you may feel unwell.

Your condition will be monitored closely by the nursing staff and you will be given any medication needed to keep you comfortable.

The dressing on the outside of your nose (bolster) will be changed if needed. It is normal to have some ooze or bleeding as the nose has a very rich blood supply.

Avoid trying to blow your nose as this could cause more bleeding. Resting in bed will help to reduce the risk of bleeding. A heavy bleed may happen but can be treated with ice.

If you have an external plaster or splint, it will be secured in place with tape. This will need to stay in place for 1 to 2 weeks as it supports the nasal bones in their new position. The plaster and splint must be kept dry.

During surgery, your nose may be packed with a dissolvable sponge dressing. This can make your nose feel blocked, this is expected.

While still on the ward, you will be able to drink fluids and eat light foods as soon as you feel able. Using a straw to drink may help, as you might feel some pressure when swallowing. This can happen due to swelling or the packing inside your nose and usually settles by the next day.

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Department
ENT

Review due
June 2028

**Patient
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- It is normal to have some blood-stained watery drainage from your nose following the surgery. This should stop after a few days. You may also notice scabs inside your nose as it heals. Do not pick at the scabs, as it can cause bleeding.
- If you have been told to rinse (or douche) your nose, the nursing staff will show you the correct technique before you leave the hospital. This is known as nasal irrigation and should be started the day after your surgery. This is important to help reduce the blocked feeling in your nose, clear away crusts and remove pieces of the sponge dressing that was put in place.
- Your nose will feel blocked because of swelling from the surgery and it may take a few weeks to feel better. If you have been given nasal drops or a nasal spray to help with congestion, please use them as directed. You should start using the nasal drops or spray 5 days after your surgery.

Please scan the QR code below or visit the YouTube link below for a demonstration of how to use nasal irrigation, drops and sprays:



YouTube: UHS ENT nasal treatment demonstration

- For the first few days following the septoplasty, avoid very hot drinks and meals. You should also avoid taking hot baths or showers.
- For 1 week you should avoid blowing your nose or sneezing with your mouth wide open. These steps will help to reduce the risk of bleeding.
- Avoid contact sports for 4 weeks. This is due to the risk of trauma (injury) and bleeding.

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- You should also avoid any direct impact or pressure to your nose as this will prevent the shape of the nose from being changed.
- If fresh, steady bleeding occurs, pinch the fleshy part of your nose, lean forward and apply ice to your forehead and the bridge of your nose. A frozen bag of vegetables is a good option if you do not have ice cubes in the freezer. Avoid swallowing any of the blood, as it can make you feel sick. If the bleeding does not stop after 30 minutes, please go to the nearest Emergency Department, where they may direct you to the Minor Injuries Unit.

Please watch this YouTube video about how to help someone with a nosebleed by using the QR code below or by typing the wording into your web browser.



How to help someone with a nosebleed |
British Red Cross | First Aid

- Avoid or cut down on smoking after surgery, as this affects the body's ability to heal, as well as irritating the inside of your nose. For more advice, please visit Healthy Lifestyles (HSL) Gloucestershire at <https://hlsglos.org>
- Avoid crowded or dusty places for 1 week. You should also avoid contact with people who have coughs or colds, as infection can be picked up in the nose.

Follow-up appointment

If nasal splints or a plaster are in place, do not touch. You will be given the date and time of your follow-up appointment to remove these before you leave the hospital. If you have not received this, please ask a member of the team caring for you before leaving the hospital. Otherwise, please call the ENT Outpatient Nurses within 1 week to arrange an appointment (the number is at the end of this leaflet).

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Returning to work or school

If you need a fitness to work note (sometimes known as a sick note) for time off work, please ask the medical staff before you leave the hospital. If a note is needed for school, please let a member of the team know.

Contact information

If you have any concerns, please contact the ENT Outpatient Nurses for advice. Out of hours, contact NHS 111.

In an emergency, please go to your nearest Emergency Department.

ENT Outpatient Nurses

Tel: 0300 422 8549 // 0300 422 8541

Monday to Friday, 8:00am to 5:00pm

ENT Day Surgery Unit (Mayhill)

Tel: 0300 422 5390

Monday to Friday, 8:00am to 6:00pm

NHS 111

Tel: 111

Further information

For more information, visit the **Gloucestershire Hospitals ENT webpage** by using the QR code below or by typing the wording into your web browser.



www.gloshospitals.nhs.uk/our-services/services-we-offer/ear-nose-throat/

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Making a choice

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85

<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>