

After your Child's Nasal Surgery

Children's Services

ENT

Introduction

This patient information leaflet is for children who have had recent surgery of the nose.

Following nasal surgery your child may experience the following:

- Crusting
- Foul smell
- Bleeding
- Discomfort

How do I help with nasal crusting?

Crusting commonly occurs after nasal surgery and can slow down the healing of the nasal lining. Depending on the procedure and the age of your child the ENT doctor will recommend rinses, sprays or creams to help remove the crust.

Creams: Naseptin and Bactroban are antiseptic creams that are often prescribed for 10 days following nasal surgery and can be applied twice to three times daily.

Sprays: Sterimar Isotonic is a salty water solution that can be bought from the chemist which is an excellent nasal preparation to gently help the nose heal after surgery.

Rinses [Douching]: This is a fantastic way of washing the inside of the nose in older children, a douching kit can be bought from most chemists or a 20ml syringe can be provided.

The rinse can be made up at home with a simple recipe of 1 teaspoon salt to 300ml boiled and then cooled water, or a pre-made sachet by NeilMed can also be purchased online and from most pharmacies.

For practical nasal douching tips please scan:



The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

What can I do about the smell?

An unpleasant smell is quite normal for the first 7-10 days and using the nasal preparations above as recommended are the best way for a speedy recovery.

What happens if my child's nose bleeds?

Bleeding from the nose for the first 48hrs is quite common, this should gradually get less and less. If the bleeding becomes brisk from your child's nose, then sit them down somewhere quietly and apply pressure to the fleshy mobile part of their nose for 15 minutes. If the bleeding continues beyond this then you should seek immediate advice from the team.

What if my child is in pain?

Pain is to be expected in and around the nose for the first few days but should usually be controlled with simple analgesia such as paracetamol and ibuprofen. Pain should get better each day. If the pain is getting worse or not controlled with simple pain relief then seek immediate advice from the team.

When can my child return to school?

Every child heals at a slightly different rate and this leaflet covers a number of procedures. It is important you think your child is ready to return to school but most children should be able to return to school after 1 week. It may be longer [up to 6 weeks] before they return to PE.

Scan the QR code below for further information.



Contact Details

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。