

Nasal operation

Welcome:

Welcome to our ear, nose, and throat clinic in Rømersgade.

This guideline contains information regarding the procedure and precautions before and after the operation.

Before the operation:

You need to be fasting before the operation, which means you cannot have anything to eat 6 hours before your time of arrival. You are allowed to drink water up till 2 hours before your arrival.

Please prepare yourself for the operation by showering and washing your hair. Do not wear jewellery, contact lenses, piercings, make-up, lotion or nail polish.

The operation:

The length of the operation varies from each individual.

The risk of complications is small, but you need to contact us, your private practitioner or the emergency in case of:

- Bleeding
- Fever
- Increasing pain

After the operation:

After the operation your nose will feel clogged. One or both nostrils will be filled with gauze. Meanwhile you will only be able to breath with your mouth. Therefore we recommend you drink frequently to prevent dryness. Lip Balm is also recommended. Removal of the gauze is dependent on the procedure.

Pain:

Moderate pain can occur after the operation. To relieve pain Paracetamol (Panodil, Pamol, Pinex) can be used. It is recommended that you take a max. Of 1.gram 4 times a day.

Precautions:

- There must be an adult present for observation the 1st. 24 hours after the operation.
- You yourself cannot drive home from the operation.
- Avoid physical exercise for at least 1 week.
- You might need sick leave for 1-2 weeks.
- Avoid sneezing and blowing your nose.
- Avoid contact sports for 4 weeks.
- A few hours after removing the gauze from the nostrils, your nose will feel even more clogged, as mucous membrane reacts by swelling. This reaction may last for several weeks.

- The first weeks after the gauze has been removed, sores will appear. It is helpful to rinse the nose 1-2 times daily with saltwater. You can either buy this at the pharmacy or make it yourself.

1 tbsp. Salt dissolved in 1l lukewarm water. For rinsing use disposable syringe or a spoon.

Note that you have to plan your own transportation home after the operation.