

GUIDELINES FOR CLIENTS LEAVING HOSPITAL FOLLOWING

OPERATION: MANIPULATION OF NASAL BONES

CONSULTANT: _____

NAMED NURSE: _____

ADVICE TO PATIENTS AFTER OPERATION (Anesthetic Department)

Going home after a General Anesthetic

For 24 hours after your operation

- Do not drive a car, ride a bicycle or go out unaccompanied
- Do not operate machinery or do anything requiring skill or judgement
- Do not do any cooking including make a cup of tea
- Do not return to work or school
- Do not sign legal documents or make vital decisions
- Do not take alcohol
- Do not take sleeping tablets
- Do observe any special precautions which the Anesthetist or Surgeon may advise
- Start with a light diet, if sickness or vomiting occur, lie down and take clear liquids only until settled
- If you are worried about your condition contact your GP first.

Guideline for clients leaving Hospital following Manipulation of Nasal Bones :

This procedure is carried out under General Anesthetic to correct deformity of the nose usually sustained by recent injury.

Following re-positioning of nasal bones, you may experience some discomfort. Simple painkillers such as Paracetamol or Co-codamol may be taken as prescribed by your Doctor or Pharmacist.

On occasion it is necessary for the Surgeon to place a small splint across the bridge of the nose to ensure position is maintained. **(Do not remove this splint until told do so).**

After Manipulation there is a risk of bleeding. You should therefore avoid:

- a) Over exerting or partaking in strenuous sporting activities.
- b) Sustaining further injury to the nose.

If bleeding occurs: sit forward with head leaning over bowl/basin and pinch the lower part of the nose for 7-10 minutes. This pressure should control bleeding. If nose bleed persists, contact your GP or Doctor on Call.

On discharge from Hospital, a letter will be supplied. Please take this to your own Doctor.

Use Telephone Numbers: