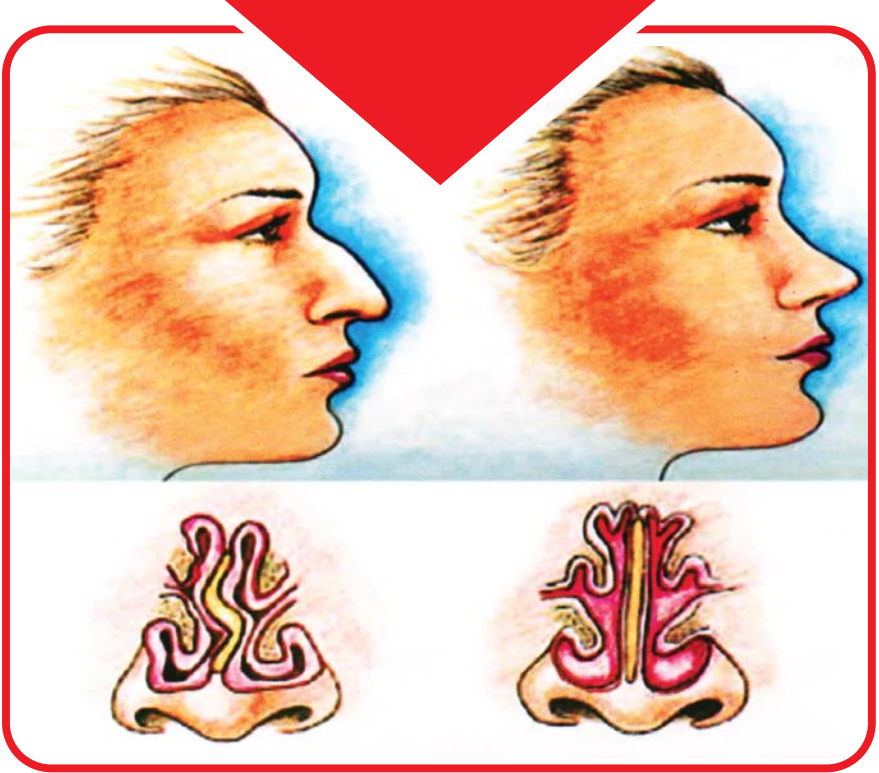


# Nasal Surgery

A Guide for Patients/Families



This brochure provides information about Nasal Surgery. It is designed to respond to questions most frequently asked by patients and their families. This information will help you to have a better understanding of the procedure and care.



آغا خان یونیورسٹی ہسپتال، کراچی

The Aga Khan University Hospital, Karachi



## Why Nasal Breathing is important?

The importance of effective nasal airway breathing cannot be overemphasized. By the time inspired air passes through the nose and reaches the lungs, it has been properly warmed, humidified, and cleaned. This physiologic cleaning and filtering function is important for proper pulmonary function and good health. Absence of good nasal breathing on a continual basis, day and night, season after season, gives rise to a host of medical problems and conditions. The importance of good consistent nasal breathing is only apparent for many individuals after they have had a successful nasal corrective surgery.

## Why Nasal Surgery is Performed?

- Nasal surgery may be performed for cosmetic purposes, or a combination procedure to improve both form and function.
- It also may alleviate or cure nasal breathing problems, correct deformities from birth or injury, or support an aging, drooping nose.

## What are Common Causes for Nasal Deformity

- Growth abnormalities;
- Trauma to nose;
- Nasal septal deformity;
- Refractory turbinate (nasal mucosal) enlargement;
- Chronic allergic rhinitis;
- Chronic vasomotor rhinitis;
- Nasal polyps;
- Chronic sinusitis and tonsillitis;
- Nasal valve collapse;
- Outer nasal deformity due to trauma or surgery;

## What are the Manifestations of Blocked Nose?

- Obstruction in nasal airflow during nasal breathing.
- Diminish ability to smell due to decreased nasal breathing.
- Increase tendency for internal nasal passage dryness which is a leading predisposing factor for recurrent nasal bleeding (epistaxis).
- Crusting, irritation and metabolic changes to the normal mucosa.
- Snoring and obstructive sleep apnea and related sleep disorders.
- Feeling of shortness of breath due to plugged and congested nose.

## How my Admission Process for the Surgery will Start?

- You will receive an Accommodation Request Form - this has the date of your surgery and other information. Please make sure that your surgeon has your correct contact telephone number on the Accommodation Request Form.
- You must attend the Pre-Anaesthesia Clinic. An anaesthetist will assess your suitability for General Anaesthesia (GA). This is important to reduce chances of delay in your operation.
- The hospital staff will contact you by telephone one day before surgery to confirm your time of arrival. If for some reason you do not receive a call, please call Surgical Day Care Suite at 3486 6456.

## What Do I Need to Do on the Day of Surgery?

- Take no food for six hours prior to the surgery
- Take all your prescribed medications (hypoglycemic, anti-hypertensive etc) with a sip of water.
- Take shower before you come for surgery.
- Bring all your medical reports, lab tests, X-Rays, ECGs, if you have.
- Arrange for someone to drive you home after the surgery.
- Leave all jewellery at home.
- Register at the Surgical Day Care (SDC) Suite.

## What Will Happen Before Surgery?

- After you register at SDC, your nurse will prepare you for surgery.
- You will be asked to wear a hospital gown and to remove any dentures.
- Your temperature, pulse, respiration and blood pressure will be taken.
- You will be administered medication so that you can be given sedation to help you relax.
- You will be shifted to the Operating Room.

## What Will Happen After the Surgery?

- When you recover from anaesthesia in the recovery area of the Operating Room from where you will go directly to Surgical Day Care Suite. Your attendant/relatives will be notified of this before hand.
- Some degree of discomfort and pain is expected during this period which will be minimized by medications.

## What Activities can I do After Surgery?

- Rest on the day of surgery and resume normal activity from the next day.
- Sleep with your head elevated.
- Do not operate a motor vehicle for 24 hours after the surgery
- Do not swim for three weeks.
- You may return to work in 1-2 weeks depending on how strenuous the work is.

## What About my Diet?

- You may take your usual diet.
- Fluids should not be extremely hot or cold.

## What Should I Expect After My Surgery?

- You may or may not have some discharge from your nose for the next few days.
- Although you do not have to wear a dressing on your nose, you may wish to do so.
- Your nose may be stuffy and blocked for several days.
- Take your medications as prescribed.
- If you have been recommended nasal irrigation with saline water, do not stop it until instructed by your doctor.

## Are There Any Instructions That I Need to Follow at Home?

- If you need to sneeze, do it with your mouth wide open to let the force out
- You may apply a moustache dressing by folding a 4x4 gauze in two third and taping it under your nose
- Do not use aspirin or aspirin-containing products
- If you routinely take aspirin, check with your doctor before restarting
- Avoid blowing your nose for two weeks; if you must, blow it very gently.
- You may have plastic pieces in your nose, you need to come to clinic one week later for their removal.

## When Should I Contact/Call My Doctor?

- Excessive bleeding from your nose or in the back of your throat or if you vomit a large amount of bright red blood.

- A headache, red eye, watery eyes, dry mouth, blood stained nasal discharge.
- Pain that is not relieved by your pain medication.
- Develop a fever of 38.5°C or above.
- Develop persistent nausea and vomiting.

## Follow-up

It is important for you to keep your follow-up appointment in the clinic. If this is not possible or if you need more information. Please call ENT Clinic.

## For further information, please call:

Surgical Wards B-1 (Mon to Fri) From 9:00 AM - 5:00 PM Aga Khan University Hospital Karachi. Phone : 34930051, Ext : 2190-2191	Section of Emergency Medicine 24 Hours Aga Khan University Hospital Karachi. Phone : 34930051, Ext : 1090-1091
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