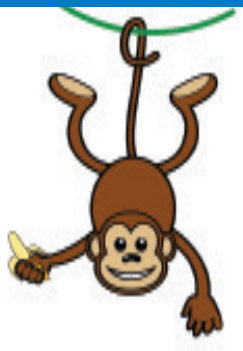
Paediatric Day Surgery Unit

Children going home after Nasal Surgery



How long will it take my child to recover?

It will probably take around 5 to 7 days for your child to fully recover from the operation. It may be necessary to keep your child away from school and nursery for a few days.



Your child should:

- Rest today and gradually increase their activities as they seem able.
- Avoid picking, poking or blowing their nose hard for two weeks.
- Encourage sneezing with their mouth open into a tissue or cloth. Practice good hand hygiene following this.
- Avoid smoky atmospheres and people with coughs and colds.
- Avoid all competitive sports including swimming for 2 weeks.

The nose may feel blocked for a few weeks following surgery. However some blood-stained mucus is normal and may persist for a couple of weeks.

Will my child need any medication?

If your child has been given a nasal spray, take as prescribed. If your child has any pain, you can give Paracetamol and/or Ibuprofen. Follow the instructions on the bottle or pack. The nurses will advise you when and how often to give the medication. If the pain does not go away, seek medical advice.

Will my child need a follow-up appointment?

If your consultant decides that you need a follow up appointment one will be given to you following surgery by the nurses discharging you.

When to seek medical advice

Please seek medical advice and attend A&E if your child has any persistent bleeding into their mouth or from their nose of fresh blood. If your child develpops a fever, is not tolerating fluids and if unable to keep pain under control with paracetamol and/or ibuprofen.

compassionate care

Remember:

A Community Nurse may contact you following your childs surgery. If you have any problems in the first 48 hours or require some advice, contact:

Children's Ward 3
Calderdale Royal Hospital
Tel: (01422) 223277

After this please contact your family doctor.

If you have any comments about this leaflet or the service you have received you can contact :

Sister
Paediatric Day Surgery
Huddersfield Royal infirmary

Telephone No: (01484) 342111

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z www. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو ہی معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
براہ مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"