

when the swelling is resolving, approximately 6 weeks after surgery. Nasal polyps may recur after surgery, usually after years but sometimes after months.

Please note that it may be necessary for you to pay for any prescriptions you are given whilst in hospital.

You may need to contact your GP if:

- Your nose bleeds heavily for more than 20 minutes
- You develop a smelly, offensive discharge from the nose
- Your nose becomes extremely painful

Are there any long lasting effects?

Your sense of smell and taste may be affected.

For 48 hours after surgery:

- Do not drive
- Do not operate machinery
- Do not make important decisions
- Do not travel by public transport
- Do not drink alcohol
- Ensure a responsible adult stays with you

All information in this leaflet has been verified for use by our Consultant Surgeons in ENT.

For further information please ask a member of staff or contact www.entuk.org

References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk

The Trust endeavours to ensure that the information given here is accurate and impartial.

If you require this information in another language, large print, audio (CD or tape) or braille, please email the Patient Information team at patient.information@ulh.nhs.uk



Nasal Polypectomy

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Aim of the leaflet

This leaflet is aimed at patients undergoing the removal of nasal polyps. It aims to explain the procedure and what to expect afterwards.

What is a nasal polyp?

Nasal polyps have a "grape-like" appearance. These form inside the nose due to swelling of the lining of the nose. They are often caused by an allergy or infection.

What is a nasal polypectomy?

This is the removal of the polyps using small instruments inside your nose. There will be no external scarring. There is no cure for nasal polyps and they will always return.

Why is it done?

This is done to enable clearer breathing through the nose.

Do I have to have surgery or is there an alternative?

If these polyps have not responded to the nasal sprays at all or adequately, then the surgery is required to resolve the problem.

What are the risks involved in surgery?

- Bleeding from the nose (early and late).
- May not be possible to remove all the polyps.
- Recurrence of polyps and therefore need to have repeat surgery.

What happens before the operation?

This operation can be done as an inpatient (overnight stay) or as a Day Case. There are criteria to meet for the Day Case option. You may be asked to attend a pre-assessment clinic. Your medical history will be noted and the operation explained. You will be asked to sign your consent form.

Any necessary tests will be carried out, e.g. blood tests, x-rays, ECG (tracing of your heart).

The medication you currently take will be discussed with you and

advice given as required. You will receive information about when to stop eating and drinking before your operation.

You will usually be seen by the anaesthetist on the ward.

What sort of anaesthetic will I have?

This operation is usually performed under a general anaesthetic (you will be asleep). It can be performed under a local anaesthetic depending on the extent of the procedure.

What should I expect after my operation?

- You may return to the ward with packs in your nose, cotton gauze or sponge if there is bleeding. These will be removed the next day. Until then you will have to breathe through the mouth. Sometimes if the nose is narrow splints are put in your nose to stop the lining sticking together during healing. These will be removed in clinic one week after the operation.
- You may have some discomfort and soreness of the nose. This can be relieved with painkillers, which the nurse will give you.
- You should be able to eat and drink within a couple of hours, providing you do not feel sick. If you feel sick the nurse can give you medication for this.
- You will usually be discharged the next morning, if staying overnight.

How long will it take to recover after the operation?

- Your nose will feel blocked. This should take 2 to 6 weeks to settle. You may have a watery bloodstained discharge, usually this resolves gradually. Take simple painkillers i.e. Paracetamol, for any discomfort.
- You may require an outpatient's appointment for 6 weeks, many people do not need to be seen again. If you need to be seen please see your GP who will contact us.
- You will probably require 1 week sick leave. You can obtain a sick note from the ward before discharge.
- You may blow your nose gently but do not pick or poke your nose. Avoid physical exercise for at least 2 weeks as this may make the nose bleed.
- You will start a nasal spray to help prevent the polyps returning