

- a sick note from the ward before discharge.
- Try and avoid the following: blowing, poking or picking your nose and extreme heat/cold.

For 48 hours after surgery:

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

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

For further information please ask a member of staff or visit www.ent.uk

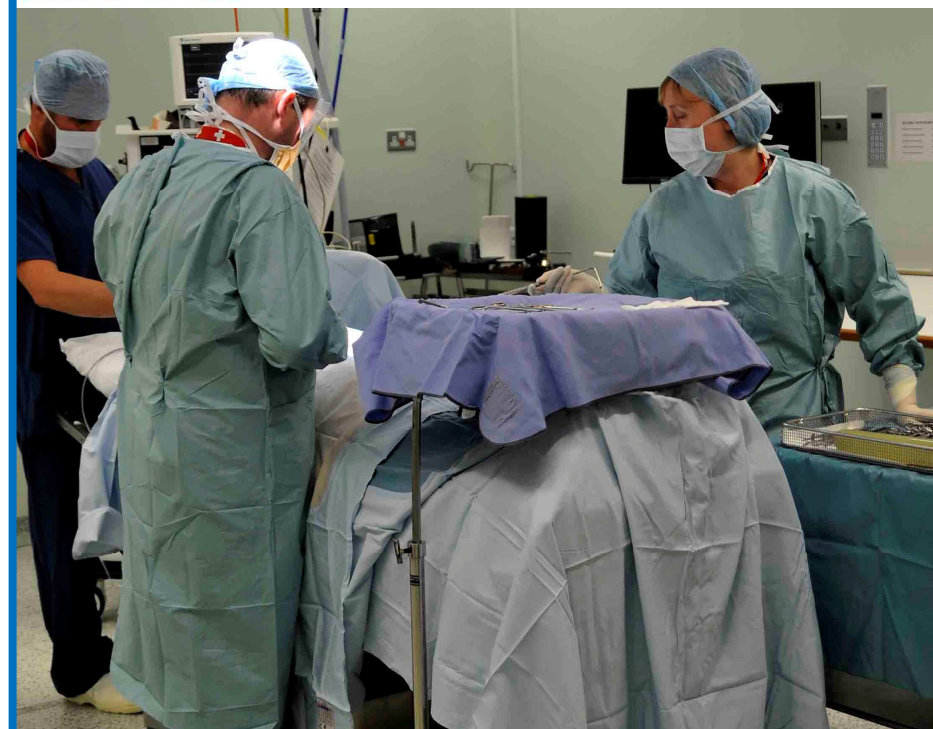
References

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



Sub-mucous Diathermy

Ear, Nose and Throat Department

Clinic 6, Lincoln County Hospital 01522 573255
 Clayton Ward 01522 573130/573778
 Surgical Admissions Unit 01522 573089/573144
www.ulh.nhs.uk

Aim of the leaflet

This leaflet is aimed at patients undergoing a sub-mucous diathermy. It aims to explain the procedure and what to expect afterwards.

What is a Sub-Mucous Diathermy (SMD)?

This is when the lining of the nose is reduced using diathermy (a machine which burns the lining).

Why is it done?

The operation is performed due to the lining of the nose being swollen, which blocks your nose. By reducing the swollen lining, it will help you to breathe through the nose and reduce nasal discharge.

Do I have to have the surgery, is there an alternative?

You can continue to use nasal sprays if they help, but if they do not, you may wish to have surgery.

The risks involved:

- Bleeding from the nose
- Infection in the nose
- Nasal blockage may recur in the future
- Failure or limited improvement

Before your operation:

This surgery can be done as a day case, but a criteria has to be met. This will be discussed with you at your appointment time. 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 the consent form. Please ensure that you understand your operation before signing.

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

The surgery is performed under a general anaesthetic (you will be asleep). It can also be performed under a local anaesthetic, but this is rare.

What should I expect after my operation?

- You may return to the ward with packs in your nose. These will usually be removed prior to your discharge the same day or the following morning and until then, you will have to breathe through your mouth.
- You should be able to eat and drink within a couple of hours, providing that you do not feel sick. If you do feel sick, the nurse can give you medication for this.

How long will it take for me to recover after the operation?

- Your nose will feel blocked and it will take 2 to 6 weeks before your nose will settle, sometimes longer.
- You may have a watery, blood stained discharge, usually this resolves gradually over 1 to 2 weeks.
- Take simple painkillers (i.e. paracetamol) for any discomfort.
- You will not normally be seen in the Outpatients Department following your operation, unless nasal splints are used by your surgeon. These will need to be removed at approximately 6 weeks post operation. Please see your GP if you have any problems, they will refer you back to clinic if needed.
You will probably require 1 week sick leave. You can obtain