

Information leaflet for parents/carers

Septoplasty Discharge Advice



This leaflet gives you information about your child's care at home after a Septoplasty.

It is important that this leaflet is read together with the patient information leaflet "Going home after surgery." Please make sure you have been given a copy by the nursing staff on the ward.

What is a Septoplasty?

Your child has had a Septoplasty. This involves the straightening of the midline partition wall of the nose, which separates the nose into a right and left nostril.

What if my child has pain?

Your child may complain of some pain or discomfort after their operation. In hospital the nurses will give Paracetamol if your child needs painkillers. You should continue with this at home if your child has any pain. Please follow the instructions carefully and do not give your child more than the stated dose.

What do I need to do with the wound?

After the operation, for the first week, it is important for your child **NOT** to blow their nose, just wipe it.

Your child may feel that their nose is still blocked after the operation. This is normal and is due to the swelling inside the nose. It should get better over the next few days.

What about school, rest and play?

We advise that your child has a week off school/nursery to make sure the nose heals properly.

Your child should **NOT** play any contact sports such as football or rugby or take part in any other rough play activities for 3 weeks after this operation. Your child will be able to go swimming as normal.

What do I need to look out for?

If you notice any of the following symptoms please contact the ward from which your child was discharged for further advice. Contact details are on the back of this information leaflet.

- High temperature
- Not eating
- Not drinking
- Persistent vomiting
- Swelling to the wound area
- Discharge/wetness from the wound area

If you notice any of the symptoms listed below please seek urgent medical help; dial 999 or take your child to the nearest Emergency Department

- Severe lethargy/unresponsiveness/floppy child
- Irregular breathing pattern or difficulty in breathing
- Bleeding
- Increased pain
- Unsettled/irritability
- High temperature with cold to touch hands and/or feet
- Shaking generally to the body and limbs

Further Information

This information leaflet was produced using the latest evidence available and is based upon current practice. Further details are available upon request.

If you are concerned, need any more information or have any questions about your child when you get home please contact the ward from which your child was discharged, GP (family doctor) or your nearest Emergency Department.

Ward:

Telephone:

This leaflet has been produced by Ward 5 and the ENT Department at Birmingham Children's Hospital.

Birmingham Women's and Children's NHS Foundation Trust

Steelhouse Lane Birmingham B4 6NH

Telephone 0121 333 9999

Fax: 0121 333 9998

Website: www.bwc.nhs.uk

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