

Information for patients and carers

Nasal pack removal advice

Care instructions to follow after your nasal packing
removal

A decorative graphic at the bottom of the page consisting of three overlapping, wavy bands of blue color, transitioning from a lighter blue at the top to a darker blue at the bottom.

Important care instructions to follow, after your nasal packing removal:

- **Avoid blowing your nose:** Do not blow your nose for at least 1 week after surgery. This is to prevent any damage to the healing tissues inside your nose.
- **Avoid putting anything up your nose:** This includes cotton swabs, fingers, or any other objects that could potentially cause irritation or infection.
- **Sneezing:** If you must sneeze, open your mouth and sneeze naturally. This helps to reduce pressure on the nasal passages. “Sniff and spit” any uncleared mucus.
- **Saline nasal washes:** Use saline (saltwater) nasal washes when needed to help keep your nasal passages open. Dissolve 1/2 teaspoon of non-iodised salt in 1 cup of boiled or distilled water, then cool it to a safe temperature.
- **Moisturising agents:** Keep the nose moist with saline spray and moisturising agents (like Vaseline) to prevent dry crusts and aid healing.
- **Avoid strenuous activities:** You should avoid strenuous activities that could increase blood pressure and lead to bleeding.

- **Avoid excessive heat:** Excessive heat can cause dilation of blood vessels and potentially lead to bleeding. Try to stay in a cool environment as much as possible.
- **Rest and recovery:** You will require at least 2 days off work, although most people take 1 week off work to recover.

Remember, it is normal to experience some discomfort and congestion in the weeks following surgery. If you have any concerns or if your symptoms worsen, do not hesitate to contact us.

Contact details

Should you require further advice or information please contact ENT on Telephone number: **01772 716565**.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

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www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**

**Please ask a member of staff if you would like help in understanding this information.
This information can be made available in large print, audio, Braille and in other languages.**

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