

Follow-up appointment

If you require a follow-up appointment at the hospital, it will be forwarded to you by post.

In an emergency who do I contact?

If you require urgent medical advice, telephone the hospital switchboard (01483 571122) and ask to speak to 'Ear, Nose and Throat surgeon on call'. The surgeon can then advise you over the phone or arrange to see you at the hospital if necessary.

Any complaints or comments

If you have any complaints or comments please contact the Doctors or Nurses straight away. If this does not solve the problem please contact the Day Surgery Unit Manager on 01483 406732 or write to the Day Surgery Unit, Royal Surrey County Hospital, Egerton Road, Guildford, Surrey, GU2 7XX. Similarly if you have any other comments about the service provided we would also like to hear from you.

Reference source

- www.nhs.co.uk

Contact details

If you require further advice, please contact:

Day Surgery Unit

Telephone: 01483 406783, Mon–Fri, 8am–6pm

Surgical Short Stay Unit

Telephone: 01483 406828

Pre-assessment Clinic

Telephone: 01483 464152

Out of hours advice

Call 111 (formerly NHS Direct)
www.nhsdirect.nhs.uk

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm, Mon to Fri

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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Removal of nasal polyps

Day Surgery Unit

Surgical Short Stay Unit



Patient information leaflet

What are nasal polyps?

Polyps are swellings of mucus membrane (the skin that lines the nasal passages) that form in the sinuses and hang down into the nose. They often look like bunches of grapes. They can be caused by allergies or infection, but can appear for no reason at all.

Polyps can block nasal passages, leading to breathing problems and may increase likelihood of sinus infections.

What does surgery involve?

Small instruments are inserted up the nostrils and each polyp is removed. The surgeons may rinse out your sinuses to remove any infection or debris.

You may have small packs inserted into the nostrils, if necessary, to stop bleeding and prevent the nostrils sticking together whilst healing.

You will need to stay in the Day Surgery Unit up to 6 hours following the operation.

Potential risks and complications

Complications following this procedure are rare, but include:

- **Infection** – if your sinuses feel very tender or swollen, you notice oozing from the nostrils or an unpleasant taste in the back of your mouth, contact your GP as you may require antibiotics.

- **Bleeding** – see Wound care.
- **Recurrence** – polyps may come back. This may take months or years. If you think your polyps have returned, contact your GP.
- Eye damage.
- Leak of cerebrospinal fluid – a liquid which surrounds the brain and spinal cord.

What are the alternatives?

Some tablets and nasal sprays may reduce the size of the polyps. Surgery is usually reserved for when these medical treatments have not worked.

After the operation

Will it hurt?

Some aching around the nose and sinuses is to be expected for a few days following surgery. Painkillers will be given as required while you are on the Day Surgery Unit.

You may be prescribed painkillers to take home. These will carry a prescription charge, unless you are exempt.

Wound care

You may have a dressing under your nose after surgery to catch any bleeding. You may have small packs up your nostrils to help stop bleeding; which will be removed 7–10 days afterwards.

Some oozing from the nose is to be expected following surgery. However, if your bleeding is heavy or persistent, contact the Day Surgery Unit or your GP for advice.

Avoid blowing, picking or touching your nose as this may make it bleed.

When can I resume activity and exercise?

Avoid smoky, crowded or polluted atmospheres and stay away from people with colds or 'flu as much as possible to avoid discomfort and infection.

For the next two weeks, avoid bending forwards as this puts pressure on the operation site. For the same reason, heavy lifting and strenuous activity such as sport or heavy gardening should be avoided for the next two weeks.

When can I return to work?

You are strongly advised to take 1-2 weeks off work, depending on the level of physical activity involved. The Day Surgery Unit can provide you with a doctor's certificate for time off work if required.

When can I drive?

You **must not** drive for at least 48 hours following a general anaesthetic. You may resume driving when you feel comfortable.