



What to do if you're asked to remove your own nasal packs

Introduction

After nasal operations, we sometimes use small packs in the nose to stop the bleeding. These need to be removed about 24 hours after the operation.

This is very easy to do and you can do it yourself at home by following the simple instructions below.

[NB - You are extremely unlikely to affect your surgical result by removing these packs yourself.]

Set up

- we suggest that you remove your packs over a sink, as there is a small risk of bleeding after removal
- you'll also need some ice.

Removing the packs

- press ice, wrapped in a tea towel, over your forehead for about 15 minutes before removing the packs. This temporarily decreases the blood flow to the nose
- remove the sticky tape from the bridge of your nose
- take hold of the strings hanging from the pack
- pull both strings firmly together and the packs should slide out easily. This will be a bit uncomfortable.

What to do if your nose then bleeds

It's not uncommon to have a small amount of bleeding after removing the packs. Very minor bleeds will settle down within a minute or so with no intervention.

For heavier or longer bleeds, pinch the entire soft part of your nose firmly for 10 minutes, with the head tilted slightly forward (do not lie down).

If this does not work, please contact ENT or attend the Emergency Department.

Contact numbers

In an EMERGENCY, please contact the ENT department during working hours on:

ENT Clinic: 01722 336262 ext. 4896

ENT Secretaries: 01722 336262 ext. 5381

Or see your GP or come directly to the Emergency Department.

If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customercare@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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