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The Royal Liverpool  
and Broadgreen  
University Hospitals  
NHS Trust

## Patient information

# Manipulation of Fractured Nasal Bones under General Anaesthetic

## Ear Nose and Throat Speciality

Your Consultant / Doctor has advised that you have a procedure to manipulate your fractured nasal bones.

### **What is a manipulation?**

It is an operation to reposition your nasal bones. The surgeon will push the bones back into position to try and correct the shape of your nose.

This is done as a day case procedure. Day case admission requires you to have an escort home, access to a telephone and someone with you overnight.

### **What are the benefits of having a manipulation?**

The fracture of your nasal bones will be corrected giving your nose a straighter appearance.

### **What are the risks of having manipulation?**

- Failure: you may still not be happy with the shape of your nose
- Nasal blockage: the cartilage in your nose may be bent resulting in the need for further surgery at a later date
- Bleeding : you may experience a nose bleed
- Bruising: you may have some bruising around your eyes.

You may change your mind about the operation at any time, and signing a consent form does not mean that you have to have the operation. If you would like to have a second opinion about the treatment, you can ask your specialist. He or she will not mind arranging this for you. You may wish to ask your own family doctor (GP) to arrange a second opinion with another specialist.

### **Are there any alternatives available?**

This procedure can be done with local anaesthetic alternatively you may choose not to have anything done

### **What will happen if I decide not to have treatment?**

Your bones will heal in the position they are now, there is a possibility you may experience difficulty breathing through your nose.

## **What sort of anaesthetic will be given to me?**

General anaesthesia is drug-induced unconsciousness: an anaesthetist, who is a doctor with specialist training, always provides it.

Unfortunately, general anaesthesia can cause side effects and complications. Side effects are common, but are usually short-lived: they include nausea, confusion and pain. Complications are very rare, but can cause lasting injury: they include awareness, paralysis and death.

There is a risk of damage to teeth, particularly caps or crowns and veneers. Your anaesthetist will take every care, but occasionally damage can occur.

The risks of anaesthesia and surgery are lower for those who are undergoing minor surgery, and who are young, fit, active and well. You will be given an opportunity to discuss anaesthetic options and risks with your anaesthetist before your surgery.

**If you are worried about any of these risks, please speak to your Consultant or a member of their team.**

## **Getting ready for your operation**

- You will be seen in the pre-assessment clinic before you are admitted to hospital. Here you may have blood tests and a heart trace. You will be assessed to see if you are fit for an anaesthetic.
- The Nurse Practitioner will ask routine questions about your health, the medicine you take at the moment and any allergies you may have.
- You will be able to discuss the operation with a doctor/ nurse. You will be asked to sign a consent form to say that you understand the procedure, and what the operation involves.

## **The day of your operation**

- You will come into hospital the day of your operation.
- Before your general anaesthetic, you must not eat for a minimum of six hours or drink for a minimum of three hours. You will be told when this is to start.
- You will be asked to remove jewellery: Plain band rings will be taped.
- Please leave body piercing at home. False nails and nail polish will also need to be removed if worn.
- Please do not wear makeup.
- If you are on regular medication you will be advised as to whether you should take it.
- Please leave all cash and valuables at home. If you need to bring valuables into hospital, these can be sent to General Office for safekeeping. General Office is open between 8.30am and 4.30pm Monday to Friday. Therefore, if you are discharged outside these times we will not be able to return your property until General Office is open. The Trust does not accept responsibility for items not handed in for safe-keeping
- You will be asked to put on a gown and disposable underwear. You may bring in with you a dressing gown and slippers.

- A bracelet with your personal details will be attached to your wrist
- A porter will take you to the operating theatre.
- If you have dentures, glasses or a hearing aid they can stay with you on your journey to the operating theatre. They will be removed whilst you are in the anaesthetic room and kept with you until you arrive in the recovery area. Once you are awake they can then be put back in place.
- When you arrive in the waiting area, a theatre nurse will check your details with you: you will then be asked to put on a disposable hat.
- The ward nurse will then leave you and you will then be taken to the anaesthetic room.

### **What should I expect after my operation?**

- If you have had a general anaesthetic, the anaesthetist will advise the nursing staff of the appropriate recovery time.
- A nurse will check your pulse blood pressure and breathing regularly.
- Please inform the nursing staff if you experience any pain they will then give you some painkillers to help.
- The nursing staff will also advise you when you can start taking sips of water. Anaesthetic can make some people feel sick. It is advised not to drink until this feeling has passed. The nursing staff may offer an injection to take the sick feeling away.

### **Discharge Information**

#### **Going Home**

Your doctor will discharge you on the day of your operation. If you have a cannula (plastic tube) this will be removed before you go home.

**If you have had a general anaesthetic and/or sedation, you must have a friend or relative to take you home and have a responsible adult to stay with you for 24 hours.**

#### **For next 24 hours you must not**

- Travel alone.
- Drive a vehicle/ car or ride a bicycle.
- Operate machinery (including domestic appliances such as a kettle).
- Climb ladders.
- Make important decisions, sign any business or legal documents.
- Drink alcohol.
- Return to work within 12 hours of treatment. Your general health and any medicines you are taking may increase the time you need off work.

## **You should**

- Take it easy for the rest of the day, avoid strenuous activity.
- Take your medications as usual.
- Let someone else care for anyone you usually look after, such as children or elderly or sick relatives.

## **Pain relief and medication**

The nursing staff will advise you about painkillers before you leave the hospital. Please inform the nurse of any painkillers you have at home.

## **Getting back to normal**

It is normal to feel more tired than usual for a few days following a general anaesthetic. It is important that you eat and drink normally.

## **Returning to work**

You can self-certify for the first seven days of sickness.

## **Further Appointments**

No follow up appointment is usually needed

## **Feedback**

Your feedback is important to us and helps us influence care in the future

Following your discharge from hospital or attendance at your Outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## **Further information**

**If you have any further questions, or require further information, please contact:**

**ENT Nurse Practitioners:**

**Helene Bryant or Sue Bragan / Christine Burton**

**Tel: 0151 706 2290**

**Textphone Number: 18001 0151 706 2290**

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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