

Steam inhalation after surgery

Information for patients

Following your nasal surgery your surgeon has recommended that you use inhalation therapy. This treatment will help clear any debris and dry crusts from the inside of your nose. If you have any questions, please speak to your GP.

What do I do?

1. Put a large container, for example a washing-up bowl, on a table.
2. Pour three pints of boiling water in to the bowl. Do this slowly and carefully to avoid splashing the hot water on yourself.
3. Sit down in front of the bowl with a towel over your shoulders.
4. Pull the towel over your head to form a 'tent' over the bowl.
5. Breathe the steam in through your nose and out through your mouth for at least five minutes. This needs to be done two to three times a day for four to six weeks.

What if I have any questions or concerns?

If you have any queries (especially if you are getting increasing pain after 48 hours), please do not hesitate to contact Day Surgery on the numbers below or your GP.

- Channel Day Surgery, **William Harvey Hospital**, Ashford
Telephone: 01233 61 62 63 (24 hours a day, 7 days a week)
- Day Surgery Centre, **Kent and Canterbury Hospital**, Canterbury
Telephone: 01227 78 31 14 (7:30am to 8pm)
Telephone: 07887 68 76 45 (8pm to 7:30am)
- Day Surgery Unit, **Queen Elizabeth the Queen Mother Hospital**, Margate
Telephone: 01843 23 44 99 (7:30am to 8pm)
Telephone: 07887 65 11 62 (8pm to 7:30am)



This leaflet has been produced with and for patients

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email ekh-tr.pals@nhs.net

Patients should not bring in large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals web site www.ekhufft.nhs.uk/patientinformation