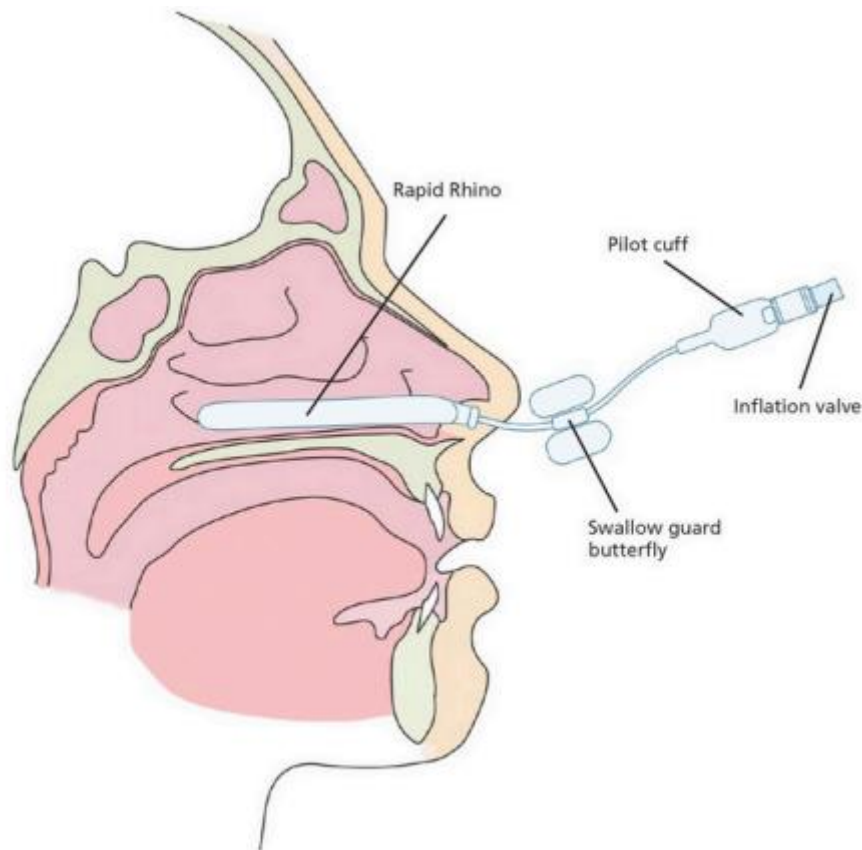


Nasal packing

Information for patients, relatives and carers



What happens when your nose is packed?

Your nosebleed was severe enough that we needed to insert a nasal pack to stop the bleeding.

The pack consists of:

- A special balloon with a coating, which goes inside your nose. This applies pressure to the inside of your nose and stops the bleeding
- An outer balloon (aka pilot cuff) – the doctor will have used a syringe to pump air gently through the pilot cuff into the inner balloon. The pilot cuff becomes taut when the inner balloon is fully inflated.
- A white plastic flange/butterfly which is taped to the side of your face to stop the pack moving.

If the bleeding has settled with the pack in, you may be able to go home with the nose pack provided you meet specific criteria. If so:

- **You must not drive**, as you may be a risk to yourself or other road users. Please arrange alternative transport or speak with one of our staff.
- **Do not attempt to remove the nasal pack yourself**, as you may cause damage and increase bleeding.
- **If the bleeding starts again, you will need to go back to hospital**

What happens next?

The emergency department doctors will make an appointment for you to be seen the next day by the Ear Nose and Throat (ENT) team at an agreed time.

Location of this appointment within Frimley Park Hospital:

- a) Mon-Fri: **ENT outpatient department**, ground floor, the first left after entering the main entrance. Telephone: 0300 613 6438
- b) Sat/Sun: **SDEC (aka SAU)**, ground floor, through fracture clinic (fracture clinic is the first right after entering the main entrance). Telephone: 0300 613 6381

What to expect from your appointment

Please come to the pre-agreed location at the time given. The receptionist (if in ENT outpatient department) or SDEC nurses (if in SDEC/SAU) will let the ENT team know you have arrived. Please understand there may be a wait as team members may be dealing with other emergencies.

The ENT doctor will check your personal details and what has happened.

The doctor will remove the nasal pack and look up at your nose. If there is any active bleeding from the front of your nose, or prominent vessels, the doctor will likely cauterize the blood vessels at this time.

If there is no bleeding and no prominent vessel to be seen, the doctor will examine you thoroughly which may include using a small camera (flexible nasal endoscope) to observe the back of your nose.

You will then be asked to wait in the waiting area for an hour of observation, before discharging you providing there is no further bleeding. The doctor will advise you on your medications as needed.

On rare occasions, the bleeding may restart once the pack is deflated or removed. If this is the case, you may need to have your nose re-packed and possibly have a short stay in the hospital.

Contact details

Ear, Nose and Throat Department Frimley Park Hospital

Portsmouth Road, Frimley, Camberley, GU16 7UJ

Mon-Fri 09:00-16:00: 0300 613 6438

Out-of-hours: 07824432416

For a translation of this leaflet or to access this information in another format including:

Large Print				
	Easy read	Translated	Audio	Braille

Please contact the Patient Advice and Liaison Service (PALS) on:

Frimley Park Hospital

Telephone: 0300 613 6530

Email: fhft.palsfrimleypark@nhs.net

Wexham Park and Heatherwood Hospitals

Telephone: 0300 615 3365

Email: fhft.palswexhampark@nhs.net

Frimley Park Hospital Portsmouth Road Frimley Surrey GU16 7UJ	Heatherwood Hospital Brook Avenue Ascot Berkshire SL5 7GB	Wexham Park Hospital Wexham Street Slough Berkshire SL2 4HL
Switchboard: 0300 614 5000		Website: www.fhft.nhs.uk

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Legal notice

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible. Please therefore always check specific advice or any concerns you may have with your doctor.