



**NHS**

**Royal Berkshire**  
NHS Foundation Trust

# **Minor ENT surgery**

Information for patients

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**You have been given an appointment to have minor ENT (ears, nose, throat) surgery under local anaesthetic. This means you will be awake and will have an injection or topical (on the surface) cream to numb the affected area.**

**This leaflet outlines what to expect before, during and after your operation.**

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## **Before your operation**

- We recommend that you eat, drink and take any regular medication as normal before coming in for your appointment unless we, or your GP, tell you otherwise.
- Some people who have local anaesthetic on an empty stomach feel faint. Having something to eat beforehand will help you to avoid this sensation.
- It is not essential that you have somebody to accompany you to your appointment but we do recommend it. You, or the person accompanying you, will have to arrange for suitable transport home afterwards. **We advise patients not to drive themselves to or from the hospital.**
- If any pre-operative tests are needed, these will have been discussed with you at your consultation appointment.

## **On the day of surgery**

You should plan to arrive at the location given on your appointment letter on the day of surgery, depending on whether you are having a morning or afternoon operation. The operating surgeon will meet you there, explain the procedure and ask you to sign a consent form. It may also be necessary for the doctor to apply local anaesthetic cream to the operation site.

You will then be taken directly to the theatre suite for your operation. After surgery, you will be seated in the theatre waiting area until the theatre team are happy to discharge you.

The length of the operation varies depending on what type of surgery you are having, but you should arrange to be at the hospital for the whole afternoon, in case it is necessary.

## **After your surgery**

We will give you instructions on how to care for your wound following your operation. It may be necessary to apply antibiotic ointment to the wound at home – this will be explained to you before you are discharged.

It is a good idea to have painkillers at home in case you need them. We recommend that you buy a supply of Paracetamol or Ibuprofen and that you follow the dosage as instructed on the packaging.

## **Important information**

If you are unable to make your appointment, or if you have any concerns, please let the department know as soon as possible so that we can offer the appointment to someone else.

Telephone 0118 322 7139.

Your appointment is a designated surgery slot. If you are late for your appointment, we will postpone your surgery and arrange another date.

If you fail to attend your surgery appointment, you will need to contact your GP to be referred again.

## Contact us

If you have any concerns or questions following your procedure, please telephone the ENT Department on 01865 903274; or Dorrell Ward (out of hours) on 0118 322 7172/8101.

For appointment queries, contact the Clinical Admin Team (CAT 1)  
Tel: 0118 322 7139 or email: [rbbh.CAT1@nhs.net](mailto:rbbh.CAT1@nhs.net)

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

RBFT Dorrell Ward

Reviewed: December 2023

Next review due: December 2025