



ELSEVIER



CORRESPONDENCE AND COMMUNICATION

A simple nasal-packing technique for minor nasal surgery which reduces pain associated with removal of packs A Surgical Technique

We present a simple, low-cost nasal-packing technique that is easy to learn and teach. It is removed painlessly and without epistaxis.

A standard, sterile, size 8 latex gloves has the index and middle fingers cut off *en bloc* as shown (Figure 1). Merochel packs are introduced into each finger (Figure 2). The outsides of the glove fingers are smeared generously with KY Jelly and the packing inserted into the nasal cavity. Using a syringe and a blunt drawing-up needle, the Merochel packs are then moistened within their fingers causing expansion and tamponade. The bridge of latex between the fingers acts as a safety preventing intranasal migration of the packing, but this can be further reinforced by the traditional tying of the strings of the Merochel packs (Figure 3). At time of removal, there is little or no crusting of dried blood to the packing assembly and the whole unit can usually be slid out of the patients' nose with virtually no discomfort.



Figure 1 A standard, sterile, size 8 latex gloves, KY jelly and Merochel packs used for nasal packing.

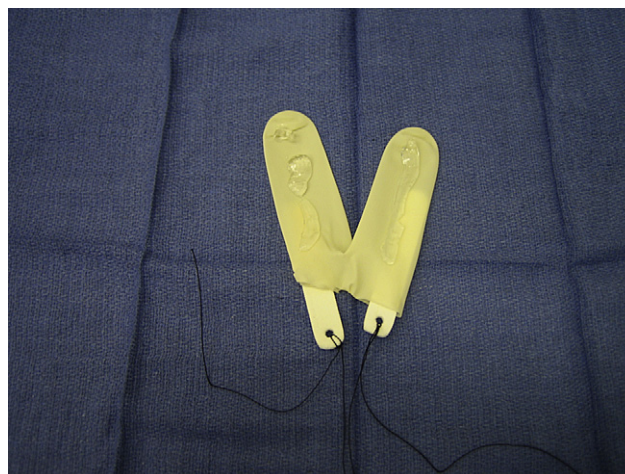


Figure 2 Merochel packs are introduced into each finger.



Figure 3 The outsides of the glove fingers are smeared generously with KY Jelly and the packing inserted into the nasal cavity.

Conflict of interest/Funding

None.

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