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Post Operative Instructions for Septoplasty

Septoplasty is an operation performed inside the nose for the removal of septal spurs or septal deviation while maintaining the structure and appearance of the outside of the nose. This procedure requires about a week to two weeks for recovery. The secrets to a quick recovery are: resting, cleaning the nose, adequate hydration, good pain control and communication with the office for any problems or questions.

Pre-operatively

Please avoid all forms of aspirin, alcohol, and herbal products for one week prior to the procedure

What to Expect:

1. Nausea – Nasal procedures are usually very nauseating as the patient will frequently swallow some blood during the procedure. Immediately after the procedure, stick to clear liquids. After a few hours, you may increase the diet as tolerated.
2. Nasal congestion – Cleaning the nose with peroxide on a Q-tip or rinsing the nose with a nasal saline (i.e. – Simply Saline) will help with this.
3. Nasal drainage (including bloody drainage) – Upon awakening you will have a bandage taped under your nose to act as a drip pad. This may need to be changed every 30 minutes or every few hours. If bloody drainage is worrisome, increasing, or congesting the nose, you may use Afrin Decongesting Spray (oxymetazoline or neosynephrine) over the counter. This is dosed 3 puffs each nostril 3 times a day for 3 days only.
4. Internal splints/stents may be placed to improve post-operative healing. These are usually removed a week after surgery.

Post-operative Care

1. Nasal washing is recommended after septal surgery. This can start as soon as the day of surgery. We recommend Simply Saline Nasal Spray as it is easy to use, very moisturizing, and stays sterile in its container for one year.
2. You will need to rest with your head elevated for the first 48-72 hours.
3. Do not blow your nose for one week. If necessary, use the nasal saline or sniff inward to express secretions into the throat.
4. Sneeze with your mouth open until the first post-operative visit.
4. You may resume very light activity like walking at 2 weeks, but will not be able to resume full activity for 3 weeks.
5. If you are hurting, please take the pain medication that was prescribed.
6. If you have any questions at all about the procedure, or your recovery, please call so we can ensure the fastest recovery possible.