

Lisa B. David, MD Brytton B. Eldredge, MD
109 Rue Fontaine
Lafayette, LA 70508
(337)266-9820 (337)266-9822 (fax)

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. A facial steamer is also helpful and can be bought at CVS, Walgreens, or the like, and used with or without mentholated pads to reduce congestion.
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 increasing 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. Only use it if bleeding is profuse and do NOT use it for congestion.
4. Internal splints/stents may be placed to improve post-operative healing. These are usually removed about 5 days after surgery. You will feel congested while the splints are in place. You will feel immediate relief when they are removed.

Post-operative Care

1. Nasal washing is recommended after septal surgery. This can start as soon as the day after surgery. We recommend Simply Saline Nasal Spray or Ocean Complete aerosol as it is easy to use, very moisturizing, and stays sterile in its container for one year. Other excellent choices are Neil Med nasal douche and AYR sinus rinse. Dr. Eldredge does not recommend the Netti Pot, as it often causes fluid to get trapped in the ears.
2. You will need to rest with your head elevated for the first 48-72 hours.
3. Do not blow your nose until the splints are removed. If necessary, use the nasal saline or sniff inward to express secretions into the throat.
4. Sneeze with your mouth open until splints are removed.
5. You may resume very light activity like walking and low impact exercise once the splints are out, but will not be able to resume full activity for 2 weeks.
6. If you are hurting, please take the pain medication that was prescribed. Do NOT drink alcohol or drive when using narcotic pain medications.
7. Finish antibiotics if prescribed and resume home medication only as ordered by your surgeon.
8. If you have any questions at all about the procedure, or your recovery, please call so we can ensure the fastest recovery possible.