

Septoplasty Post-Operative Instructions

Septoplasty is a surgery to straighten the septum. The septum is the wall between the two sides of the nose. It is made up of cartilage in the front and bone in the back. The septum is often deviated causing nasal blockage, facial pressure, and sinus problems.

- The septum is corrected by making an incision on one side of the nose and lifting off the lining.
- The part of the cartilage that cause the deviation or blockage are removed.
- The lining is then put back in place and a small stitch is placed.

What to expect after surgery:

- A stent is then placed on each side of the nose to hold the septum in place. The stent has a hole in the middle to help you breathe. The stents are stitched together through the nose.
- The first week after surgery you will feel worse, as though you can't breathe through your nose. After the stents are removed, this improves.
- After one week, you will return to our clinic to have these removed.
- You CANNOT BLOW YOUR NOSE
- Sneeze with your mouth open
- Your nose will have bloody discharge; you will need to change the gauze 4-5 times per day for the first 3 days, then it should stop.
- No lifting over 5 lbs for 2 weeks
- You may have black and blue eyes extending to your chin
- Eat slowly: small bites of food
- Use a humidifier to avoid dryness
- Drink plenty of fluids
- You may be given saline nasal spray to use as well
- DO NOT REMOVE THE PACKING

Possible risks:

- No improvement in airflow
- Infection
- Bleeding

Call the ENT clinic or Case Manager should you develop any of the following:

- Drainage that persists
- Swelling
- Increased pain
- Fever of 101° or higher

