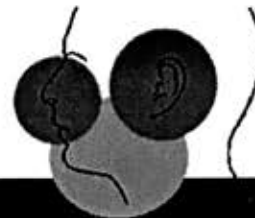




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## Septoplasty

Septoplasty is an operation performed to correct a deformity of the septum, or the partition between the two sides of the nose. The goal is TO improve breathing, but sometimes it is necessary to improve visualization of the interior of the nose for treatment of sinus problems. Deformity of the septum may be a result of trauma, but some people naturally have a twisted septum. Septoplasty is not designed to change the external appearance of the nose.

Septoplasty is performed under general anesthesia, while the patient is asleep. It is usually an outpatient procedure. The surgery itself takes about 60 minutes, but can sometimes be combined with other procedures (for example, turbinate reduction.) Pain medications and possibly antibiotics *may* be prescribed after surgery.

Some of the risks of surgery include septal perforation (a hole connecting both sides of the nose), bleeding, infection, failure to have complete relief of nasal obstruction, and nasal crusting. Nasal saline cleansing is often necessary after the first visit to help with healing of the nose. A mild nosebleed and a **sensation of nasal blockage/swelling is normal for 5-10 days after surgery.**

### Instructions after surgery

- Avoid blowing your nose forcibly for 2 weeks after surgery. Gentle sniffing is okay. Try to sneeze with your mouth open. It is better to blot the nose instead of rubbing. Peroxide can be used on Q-tips to clean crusting and blood on the nose.
- Avoid lifting 10 lbs, strenuous activity, or trauma to the nose. Sports and similar activities should be restricted for 2 weeks or until your physician advises to do so.
- Change the nasal drip pad as often as needed.
- Nausea/vomiting may occur, and usually improves by not eating/drinking for 2 hours. Resume diet with a clear liquid diet, which can be gradually advanced.
- Cosmetics, sunglasses, and contact lenses may be used as usual.
- Notify the office for fever >102 F despite the use of Tylenol (which is already in most of the prescribed pain meds), increasing tenderness/redness of the nose, severe headache, or persistent bleeding.
- If continuous bright red bleeding occurs, squirt 2 puffs of Afrin (over the counter nose spray) into each nostril. Try to relax and if you are in pain, take your pain medicine as prescribed (if you have not done so in the last 4 hours).
- If a history of high blood pressure exists, medications should be used as regularly prescribed. Failure to do so may lead to severe bleeding.
- Please do not use any prescription nose sprays until at least the first visit after surgery.
- On the day after surgery, start to cleanse the nose at least twice a day with nasal saline, which can be purchased in our office or at pharmacies.

*Please call the office at 972-731-7654 for any questions or concerns. Be sure you have a postoperative visit scheduled in the office for 5-10 days after the surgery.*

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