

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 usually to improve breathing, but sometimes it is necessary to improve visualization of the interior of the nose for treatment of polyps, inflammation, tumors, or bleeding. 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 usually 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.

A mild nosebleed and a sensation of nasal blockage/swelling is normal for 5-10 days after surgery. Also, numbness of the upper front teeth may occur, but is usually temporary. It is important that you and your primary caregiver read the instructions below to optimize your recovery.

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. It is NORMAL to have a very stuffy congested nose until the first appointment (at which time, the doctor will remove the nasal splints if they have been used).
- Avoid lifting 10 lbs, strenuous activity, or trauma to the nose. Sports and similar activities should be restricted for 2 weeks (unless your doctor tells you otherwise)
- Change the nasal drip pad as often as needed. (Usually only needed for 1-2 days)
- 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.
- 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 a history of high blood pressure exists, medications should be used as regularly prescribed.
- 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.

It is important that you have an appointment for about 1 week after surgery. Please call the office and make the first postoperative appt, as soon as possible.

For questions, please call 972-731-7654, choose option 3 for nurse line. After hours, you will be connected to the physician "on call" for emergencies. If you think you may need a prescription, please have your pharmacy info/number available (as well as the patient's date of birth). Thank You.