

Septoplasty Surgery

Commonly referred to as nasal septum repair, septoplasty surgery is performed to restore healthy function to the nasal septum. The nasal septum is the wall of bone and cartilage that separates the nasal passageways and there are many possible negative side effects if it is not properly aligned. A misalignment of the septum can be caused by a physical trauma or it can be malformed from birth. In either case, many of our McKinney, Plano and Frisco septoplasty patients seek the treatment to help improve their overall health and quality of life.

Post-Operative Instructions:

Dressing: Bright red to light red drainage from the nose is normal for 3-6 days following surgery. The outside gauze dressing needs to be changed when soiled or saturated. A 4 x 4 gauze pad folded in half over the nostrils, held in place with a strip of paper tape is sufficient. It can be normal to change the dressing 12-24 times over the first 24 hours.

Splints: In most cases you will have splints in both of your nostrils. These splints are made of soft plastic and are sutured in. They help keep the septum straight for the first few days while it is healing. It can be normal for the splints to move around slightly but should not protrude out of the nose. You will have a post operative appointment 5-7 days after surgery to have the splints removed. This process is typically associated with minimal pain and you can drive yourself to and from the appointment as long as you have not taken any narcotic pain medicine.

Medications: Headache, sinus, or nasal discomfort is common after surgery and you should have medication for this. Antibiotics and/or a moisturizing saline spray may be prescribed.

Activity: No swimming or strenuous activities should be performed for 5-7 days after surgery as this might cause bleeding. No lifting over 10 pounds or heavy straining is permitted until 5 days following surgery.

Diet: Eat and drink normally. Avoid alcoholic beverages while taking medications.

Follow-up: You will need to be seen by your doctor for follow-up in 7-10 days following surgery depending on the presence or type of packing used, or need for post-operative cleaning. Specific instructions will be given to you at the time of discharge. An appointment is necessary and should be made before leaving the hospital.

Saline Irrigations: Six (6) hours after your sinus surgery, saline irrigations are recommended to reduce crusting and to keep the sinus opening clear. You can purchase an over the counter saline kit at your local pharmacy (Neil-Med). Alternatively, you can make your own. Mix 1 teaspoon table salt in 1 quart warm water. Use a "blue-bulb" syringe (available) at your local pharmacy,

lean over a sink and irrigate both nasal passages. Irrigate four to five times per day until your post op appointment.

Call your doctor immediately if any of the following occur:

- Excessive, bright red bleeding
- A lot of clear watery drainage from the nose, or salty tasting drainage down the throat
- Double or blurred vision
- Decreased ability to move or close eyes, or eye pain
- Fever over 101 degrees Fahrenheit
- Stiffness or pain in the neck or decreased alertness

If you have medical questions or concerns, please call **972-731-7654**, and choose **option 3** to speak to (or leave message) for the nurse. To expedite care, please note the patient's date of birth, spell the patients full name, and leave your name/relationship and best phone number.