

# Instructions to Patients Following Nasal Septoplasty

**PLEASE CALL IMMEDIATELY  
TO MAKE YOUR POST-  
OPERATIVE APPOINTMENT  
WITH YOUR PHYSICIAN.**



**Ear, Nose & Throat *SpecialtyCare***

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## **PLAN AHEAD:**

Medication refills, including pain medicine, must be requested during clinic hours Monday - Friday, 9 am - 5 pm.

Your appointment should be  
\_\_\_\_\_ days/weeks from  
your surgery date.

***Your surgeon may choose to  
modify these post operative  
instructions.***

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## **WHAT IS NASAL SEPTOPLASTY?**

Nasal Septoplasty is a procedure to straighten out the internal center partition of the nose in order to improve nasal breathing. Occasionally the turbinates on the side walls of the nose are also trimmed to further improve breathing. This is called a "turbinoplasty".

Most of the time this surgery is done within the nose and there are no external incisions. The choice of the local or general anesthesia will be made by your Doctor based on your age and general health.

## **BEFORE SURGERY**

Make an appointment to see your regular physician a day or two before surgery so that a pre-surgical physical examination can be done.

Do not take aspirin or other non-steroidal anti-inflammatory medication for two weeks prior to surgery. These drugs may cause prolonged bleeding at surgery. Discuss this with your Doctor if it is a prescription drug.

Safe surgery requires an empty stomach. On the day of your surgery, you should have nothing to eat or drink for 8 hours before surgery.

Follow all directions you may be given from the office, surgical center, or hospital. If you have any questions concerning your surgery, contact your Doctor.

## **IMMEDIATELY AFTER THE OPERATION**

You may have a temporary stent (plastic bracing) in each nostril held by a stitch. There may be packing inside the nasal passages to prevent bleeding.

A mustache gauze dressing will be placed over the nostrils after the procedure to absorb any drainage. You will be given some material to be used for the mustache dressing when you leave the hospital.

Most people are able to leave the hospital several hours after the surgery. Arrange for a ride home. You will not be able to drive safely after surgical sedation.

## **WHAT TO EXPECT AT HOME**

The nose will feel quite congested for about a week after surgery.

There may be a fair amount of blood-tinged mucus drainage for a day or two after surgery.

There will be some discomfort most of which will be over within one to two days after the operation. You should not experience severe pain.

There may be some temporary numbness of the front teeth.

## **HOME CARE THE WEEK AFTER SURGERY**

Avoid bending over, lifting over 15 lbs. and other activities which will raise your blood pressure or pulse as this may cause

unnecessary bleeding.

It is a good idea to keep the head elevated by using three pillows when lying down in order to reduce swelling and drainage.

Change your mustache dressing whenever it becomes soiled. When drainage stops you may remove the mustache dressing.

Pain medication will be provided for home use.

Do not blow your nose.

### **WHAT IF THERE IS A PROBLEM?**

A high fever, blurred vision or swelling in the area around the nose or eyes may indicate the development of an infection. If these or any other unexpected problems occur, such as continued bleeding, call your Doctor.

### **WHEN TO SEE THE DOCTOR AFTER SURGERY**

When you see your Doctor on the day of surgery he will tell you when to make a follow up office appointment. It will usually be 3 to 7 days after surgery.