

SEPTOPLASTY PATIENT INSTRUCTIONS

1. You will have a gauze pad taped under your nose. Change it as it becomes saturated. By the morning after surgery, the drainage will have decreased and you can stop using the gauze pads.
2. Sleep with your head elevated (above your heart) as this will reduce swelling and pain. It is normal for the nose to be congested for a week after surgery.
3. On the day after surgery:
 - If directed by your doctor, remove the telfa pads in your nose. Pull the strings and they will slide out. It may require a tug to remove, but it will not be painful.
 - Start using saline spray in your nose; 2 sprays 4 to 5 times a day. Apply antibiotic ointment (Neosporin, Bacitracin, etc) to each nostril twice a day.
4. Plastic splints may be placed in your nose. They are sewn in and will be removed at your first postoperative visit. If placed, you will need to be on antibiotics.
5. Pain is usually moderate, and controlled by pain medication. It is not unusual to have sinus pressure after surgery and this usually resolves the first week.
6. Do not blow your nose for a week after surgery. You may sniff back, but don't blow. If you need to sneeze, let it come out of your mouth, don't hold it in.
7. Your front teeth may be numb after surgery. This usually resolves in 1 to 2 weeks after surgery. As it improves, you may notice a "pins and needles" feeling.
8. For several weeks after surgery, you may notice dark crusts in your nose. This is normal and you may blow them out or use the saline spray to soften them.
9. You should have a postoperative appointment scheduled for 1 week after surgery and another 2 to 3 weeks after surgery.

COMPLICATIONS:

- **Septal Hematoma:** Blood can build up between the flaps of skin in your nose. If this occurs, it must be drained immediately as it can get infected.
- **Septal Perforation:** A hole in your septum can sometimes occur after surgery. This is rare and usually does not affect your ability to breathe. Occasionally, the hole may cause crusting, or whistling and then needs to be fixed.
- **Infection:** This is very rare after surgery. Notify your physician if you experience fever, green or yellow drainage, or increased pain after surgery.