

A **Septoplasty**, is a surgical procedure to straighten the bone and cartilage dividing the space between your two nostrils (septum). When the septum is crooked, it's known as a deviated septum. A deviated septum can make it harder to breathe through your nose and can increase the risk of sinus infections due to poor drainage. During septoplasty, your nasal septum is repositioned to the middle of your nose. Once a septoplasty is healed, you'll likely find it's easier to breathe.

PLANNING FOR SURGERY

ONE MONTH BEFORE SURGERY

- Secure any pre-surgical physicals, laboratory tests and EKGs, if required by your surgeon. Not all patients will require these tests to be performed, but if needed, don't wait to the last minute.
- Practice a healthy lifestyle including proper diet and exercise. Staying fit and healthy can only increase your chances for a quick recovery.
- Have your hair cut and colored as needed. This is a great time to make that salon appointment.

2 WEEKS BEFORE SURGERY

- Stop taking certain medications, including aspirin, ibuprofen and vitamin E, which can increase your risk for certain surgical complications.
- Avoid using any nicotine from this point on, including cigarettes, pipes, chew, vapes and even smoking cessation patches. Nicotine can interfere with healthy circulation through your body, which can impact your surgery and increase your complications risk.
- Add 500mg of Vitamin C and a multivitamin to your daily routine to improve your general health and prepare your body healing.
- Make plans for your accommodations. Arrange for a family member or friend to drive you safely to the surgery center and home.
- Start preparing a recovery area- a designated space in your home that is comfortable and easily accessible. Gather pillows, blankets, comfortable clothes, neck pillows, entertainment, healthy snacks, water and medical supplies.
- Wear sunscreen daily to avoid sun damage- especially to your face!

RECOVERY EXPECTATIONS

DAY OF SURGERY

After surgery, you may feel unsteady and sleepy. This is usually when you most need pain medication to say on top of discomfort. Take the prescribed pain medicine (Norco) or Extra Strength Tylenol as needed. You should wear loose clothing that fastens in the front for 1 week.

FIRST WEEK

SWELLING and BRUISING of the surrounding tissues is completely normal. The bruising and swelling will be greater on the second or third day, but usually does not last more than one week.

NASAL BLOCKAGE is to be expected after your procedure and will subside over a period of time and after cast removal.

DIZZINESS and **MILD DISCOMFORT** can be expected. This generally will clear up after a few days. Be sure to drink plenty of fluids. There is usually little pain following your procedure, but any pain can be eased with your prescribed pain medication (Norco) or Tylenol. Small episodes of sharp pain or itching is completely normal during the healing process as well.

MILD DEPRESSION may be experienced after cosmetic surgery. This is related to the shock of seeing your face swollen and discolored. remember this is a temporary condition and will get better day to day.

CAST REMOVAL will be scheduled on day 6-7 after your procedure if a rhinoplasty is also performed. Otherwise, nasal splints after a septoplasty will be removed 5-6 days after the procedure. Any remaining stitches will be removed. At first the small scar at the base of your nose will appear deep pink in color, but will fade with time. The firmness of the scar will soften as well and become less noticeable.



DAILY CARE



Sutures

Occasionally, crusting will occur around the sutures. Do not try and remove this yourself. This is normal and will be removed at your post-op appointment. Change the mustache dressing only as needed. Try not to change it more than twice a day.



Showering

You may shower the day after your surgery. **Do not get the external nasal cast wet.** If it becomes loose please notify the office. Patients should refrain from washing their hair until after cast removal if there is a risk of wetting the splint.



Icing

Iced gauze should be applied to the eyes for 10 minutes every hour for the first 48 hours. Wet the gauze with water, place in a bag and put it in the freezer. This will help with bruising and swelling.



Nasal Spray

Spray your nose with **Afrin** 4 times a day for 4 days as needed for oozing and congestions. The **Saline Spray** can be started right away. Use every 2 hours for the 1st week and needed for dryness and crusting.



Sleeping

Sleep on your back with your head **elevated about 30-40 degrees** (2 pillows). You are encouraged to sleep this way for 1 week to minimize bruising and swelling.



Soft Food

Eat soft foods for 1 week. Excess chewing can increase pain and swelling. Great examples of soft foods include Jell-O, pudding and mashed potatoes. To avoid an upset stomach, eat something before taking any medication. You will also be prescribed an anti-nausea medication (Zofran) that can be taken as needed.



Medication

Take the prescribed pain medicine (Norco) or Extra Strength Tylenol as needed. Continue taking your antibiotic (Keflex or Doxycycline) as prescribed until it is finished. You may take the prescribed sleeping pill (Restoril) as needed.

THINGS TO AVOID AFTER SURGERY



Restricted Medications

Do not drink alcohol while taking pain medication. Avoid taking aspirin (Excedrin) and ibuprofen (Advil, Motrin, Aleve) for 1 week after surgery. Acetaminophen (Tylenol) can be taken for occasional aches and pains.



Movement

No strenuous exercise for 2 weeks. No contact sports for 5 weeks. Avoid sexual intercourse for 2 weeks. Excess talking, laughing and chewing can increase pain and swelling. Please limit. Avoid straining on the toilet- you will be prescribed a stool softener (**Colace**) that can be taken as needed.



Glasses

Glasses may be worn as long as the splint remains on the nose. Otherwise, glasses may **not** be worn for 5 weeks after surgery as it will cause headaches.



Sneezing

Do not blow your nose for 10 days. After that, you may gently blow through both sides at once (do not compress one side). Avoid sneezing and sniffing. If you must, sneeze with mouth open. Avoid constantly rubbing the nostrils and base of the nose as it can cause more swelling.



Direct Sun

Avoid direct sun to the face for 1 month. If outside, make sure to wear sunscreen, sunglasses and hat.



REPORT

Report any excessive bleeding that persists after applying pressure for a minimum of 20 minutes. Report any signs of infection such as excessive swelling, redness, sudden increase in pain or drainage and elevation in temperature (greater than 100.3 degrees). Report development of any drug reaction (rash, hives and/or itching).

