

Shiraz University of Medical Sciences

Shahid Dastgeyb hospital



Care for after Septoplasty

producer: A. Rezaiefard

Corroborant: Dr. Tayebah Kazemi

2023

- Limit your activity for the first week following surgery. Avoid bending at the waist or picking up heavy objects.
- Overexertion may result in bleeding.
- Avoid cigarette smoking or even being in the area of excessive smoke as this also irritates the nasal tissue and impedes healing.
- Avoid alcoholic beverages the first week following surgery as this may increase your chance of bleeding

**CALL THE OFFICE
at +989355553898 if
you have any
questions**

**Reference: American
ENT Associates
website**

Small amounts of clear fluids at frequent intervals may help. If pain or nausea persists, call your doctor.

- Infections are unusual following a Septoplasty. However, if you have increased pain, redness or swelling and/or fever over 102 degrees Fahrenheit this may indicate a developing infection. Please report this to your doctor.
- You may carefully clean around (not inside) the nostrils with a Q-tip moistened with hydrogen peroxide. This can be done three times a day.
- You may experience some ear and headache discomfort. This is normal. Pain medication will be offered to you if you experience any of these symptoms.
- You may experience a sore throat for several days after your surgery due to the breathing tube used during surgery.

Call your doctor if bleeding persists

- You may have more complaints of discomfort from nasal and sinus congestion rather than actual pain. If you do experience pain, use the pain medication prescribed by your doctor. Do not drive or operate hazardous equipment after taking your prescription pain medication. After the first few days you may only need Tylenol or any non-aspirin product. Avoid medications that contain aspirin for 2-3 weeks following surgery. If you experience nausea related to pain medication try taking the medication with a little food.

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The swelling maximizes after about two days, and then subsides over the next 5-6 days. Remember that swelling and bruising will clear up in time and has no bearing on the results of your surgery.

- You may have one or two plastic splints to help your breathe. You may be instructed on how to irrigate these if they become clogged.
- Before you leave the Outpatient Surgical Center, your nurse will arrange a post-op visit for you with your doctor.
- You may have a pinkish-reddish discharge from your nose and throat for the next few days. This will gradually subside. If at any time you have profuse nasal bleeding, lie down with your head elevated. Apply iced washcloths to the back of your neck and over your eyes.

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- It is normal to have some bleeding over the first twenty four hours after surgery. It may be necessary to change the gauze drip pad a dozen or so times over that period.
- Sometimes, the doctor may use packing in your nose, so it may be necessary for you to breathe thru your mouth for a few days.
- Your mouth will be very dry after surgery because of some of the medications you received.
- Do not blow your nose or sniff excessively as this may irritate the healing tissue. If you sneeze, open your mouth. This decreases the pressure in your nasal passages.
- Swelling and bruising around your eyes and cheeks may occur.

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