



## **POST OPERATIVE INSTRUCTIONS FOR SEPTOPLASTY**

The nasal septum is ideally a midline structure within the nose that divides it into two equal sides. Unfortunately, it can bend during normal growth or due to a traumatic injury, known as a deviated nasal septum. This can sometimes result in nasal obstruction.

During septoplasty, an internal incision is made within one of the nostrils, the lining is lifted, and the underlying cartilage and bone are straightened. Once realigned, dissolvable sutures are used to close the incision and sometimes internal splints are placed. These act to maintain the shape of the nasal passages as well as preventing blood collection within the septum and adhesions (scarring) between the raw tissue surfaces. The operation usually takes around 30 minutes.

Many patients are able to return home on the day of surgery, but some stay overnight. The overall healing process takes between 2 & 4 weeks. Pain is usually minimal and can be controlled using simple pain relief such as Panadol or Panadeine.

You will be given scripts for medications including antibiotics, pain relief and nasal spray. The use of saline nasal spray (Fess Nasal Spray) or a saline nasal wash are useful in promoting healing. Nose blowing should be avoided in the first 72 hours, but even then, should be gentle. If nasal splints have been placed inside the nose, they will cause nasal congestion in the post-operative period but will be removed by the surgeon at follow up in 7-10 days' time under local anaesthesia.

Infection post-operatively is uncommon, but you should contact your surgeon if you have fevers for greater than 24 hours, an increase in swelling or redness around the nose, increased pain and tenderness not controlled by pain medication, or persistent nasal discharge.

Avoid bending, lifting, and straining for a week, as these activities can increase the risk of bleeding. It is also important to stay away from dry, dusty, and smoky environments. Most people will be able to return to work within 10 days following septoplasty, please inform us if you require a medical certificate.