

SEPTOPLASTY

General information:

- The nasal septum is an internal wall that separates the left and right side of the nose.
- The nasal septum provides support for the nose.
- Curvature of the septum is called a “septal deviation” and can cause nasal obstruction, increased sinus congestion and increased difficulties with nasal breathing during exercise or if you have a cold/infection.

Procedure considerations:

- Septoplasty is generally a 1 hour surgery.
- Septoplasty does not change the outer appearance of your nose.
- There is generally minimal pain associated with surgery.
- Rarely is nasal packing required with surgery.
- Your nose will be congested after surgery; it may take 2-4 weeks for your nose to return to normal and for you to enjoy the full benefits of surgery.
- Follow-up is generally two weeks post surgery.

Risks of surgery:

- All surgeries have risks and only the most important are listed here
- There is a risk of bleeding with any surgery. Typically with this surgery, some scant nasal bleeding for 1-2 days is common. More significant bleeding should be reported to the office.
- There is a risk of infection anytime any surgery is done. Signs of infection include fever, night sweats, unusual pain, or discharge of thick pus from the nose. Please report concerns of infection to the office.
- There is a risk of “septal perforation” with this procedure. Septal perforation occurs when a window or hole develops between the left and right side of the nose. This is a rare problem, but may require a second operation in order to correct this window.

Post surgery instructions:

- Take pain medication as directed/needed
- Avoid aspirin containing products or blood thinners for two weeks post surgery.
- Avoid heavy lifting or exercise for two weeks post surgery.
- Take any antibiotic or other medication if provided.
- Spray 2-3 sprays of nasal saline in each nostril 3-4 times per day to help eliminate post operative crusting.
- If very congested, you may use OTC Afrin Nasal Spray for 3-4 days after surgery.