

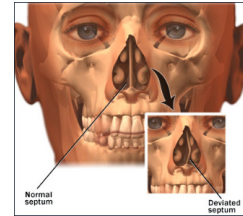


# SEPTOPLASTY



## *WHAT IS A SEPTOPLASTY?*

A septoplasty is a surgery in which the cartilage inside your nose, which separates the two sides, is straightened to allow better passage of air.



## *WHAT TO EXPECT AFTER SURGERY*

After surgery you will be in the post-operative care unit (PACU) for a few hours until your anesthesiologist feels you can go.

**NAUSEA/VOMITING:** It is normal for you to feel nausea and sometimes even vomit after surgery. This will pass with time. Try to eat bland food such as toast or rice. You may even notice some blood in the vomit.

**NASAL CONGESTION:** You will feel very congested for the next week. On postoperative day number three you can start using nasal saline spray (not a sinus rinse kit). This will help keep the nose hydrated and decrease congestion.

**NASAL SPLINT:** You will also have a small splint on the inside of your nose. It will be removed in the office at your first visit in 5 days. **DO NOT REMOVE IT YOURSELF.**

**BLEEDING:** It is normal to have some bleeding after surgery. Continue to use the nasal dressing as long as you need. If more than 4 dressings are changed per hour please call your surgeon.

**PAIN:** There should be minimal pain. Call the doctor if you are having excessive pain.

**FOLLOW UP:** The PACU will call to make you an appointment and give you the time and date. Otherwise call at any time (323) 268-6731. If it is after hours and you want to leave a message for the doctor you can do so with that number.

## *WHAT MEDICATIONS DO I NEED?*

**IMMEDIATELY AFTER SURGERY:** Pain medications will be provided. You should take them only as needed. You will also use antibiotic ointment, which you can purchase over the counter (Neosporin or Triple Antibiotic)

**AFTER 3 DAYS:** You can start using nasal saline spray/mist to help hydrate the nose. **DO NOT USE A RINSE SYSTEM AS IT IS TOO FORCEFUL.**