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SEPTOPLASTY

What to Expect After Surgery

- Nasal congestion is very common and expected. Your nose will feel blocked or “stuffy,” particularly during the first week after surgery. This sensation will slowly improve as healing progresses.
- Soreness, pressure, and mild to moderate pain are normal and can usually be managed well with over-the-counter Tylenol.
- A small amount of bloody drainage from the nose may occur during the first few days.
- Intranasal splints (Doyle splints) are placed to support proper healing and alignment. These will be removed in the office approximately one week after surgery.

Medications

- You will be prescribed a steroid medication (Prednisone) to help reduce swelling and inflammation.
 - Take this medication twice daily for 5 days after surgery, exactly as directed.
- You will also be prescribed a course of antibiotics to help prevent infection while the nasal splints are in place.
 - These antibiotics may be discontinued once the Doyle splints are removed, unless otherwise instructed.
- Take all medications as prescribed and notify our office if you experience any side effects or concerns.

Nasal Care

- Use nasal saline spray frequently, starting after surgery. Spray both nostrils often throughout the day to keep the nasal passages moist and promote healing.
- Do **NOT** blow your nose until your surgeon tells you it is safe to do so. Blowing the nose too early may cause bleeding or disrupt healing.
- You may gently dab the nose if drainage occurs.
- Clean the front of the nose with hydrogen peroxide daily and apply Vaseline to the front of the nostrils twice a day to reduce dryness and irritation.

Activity Restrictions

- Avoid strenuous activity, exercise, and heavy lifting until cleared by your surgeon.
- Do not bend over or strain, as this may increase nasal pressure and lead to bleeding.
- Rest with your head elevated, especially during the first several days, to help reduce swelling and congestion.

General Care and Healing

- Swelling and congestion can persist for a few weeks and will improve gradually.
- Healing inside the nose continues even after the splints are removed.

When to Call the Office

Please contact us if you experience:

- Heavy or persistent nasal bleeding
- Fever greater than 102.5°F
- Increasing pain not relieved by medication
- Signs of infection (worsening swelling, redness, or drainage)
- Any concerns or symptoms that worry you or your child