

# After Your Septoplasty

## *Self-care and what to expect*

*This handout explains what to expect after having septoplasty surgery.*

### Activity

Do normal easy activities after your surgery, such as walking or moving about your house or office.

#### For 1 Week After Surgery

- Put a few pillows under your head when you lie down, or sleep in a recliner chair if that is more comfortable.
- Avoid doing any activity that makes you breathe hard, sweat, or strain.
- Do **not** lift, push, or pull anything that weighs more than 10 pounds. (A gallon of water weighs almost 9 pounds.)

#### For 2 Weeks After Surgery

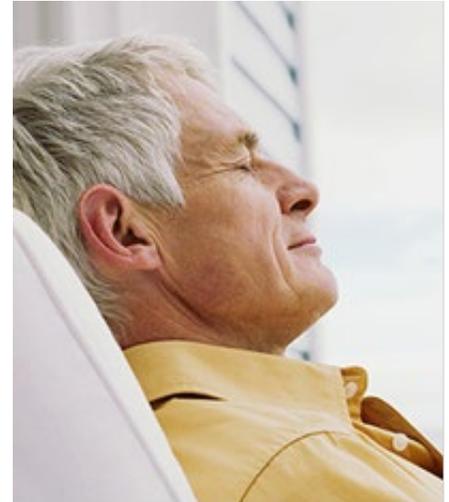
- Avoid blowing your nose.
- If you have to sneeze, keep your mouth open to lessen pressure on your nose.

### Eating

You may eat your normal foods.

### Nasal Care

- If you have nasal splints placed at the time of surgery, they will stay in place for 7 to 14 days. Your surgeon will tell you how long you will have these splints.
- For 48 hours, you may have some oozing from your nose. Roll up a gauze bandage and place it under your nose. Change it as needed.
- The day after surgery, start doing your saline nasal irrigations as we taught you. Irrigate your nose at least 4 times a day.
- To keep your nose from drying out, you may apply a small amount of petroleum jelly (Vaseline or Aquaphor) to the outermost part of each nostril after irrigating.



*For 1 week after surgery, sleep in a recliner chair or use extra*



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this handout.

## Managing Pain

Pressure from the splints may cause some discomfort in your face.

- **For mild to moderate pain:** Take acetaminophen (Tylenol). Follow the dose instructions on the label. Your doctor may advise that you also use ibuprofen (Advil, Motrin). Check with your doctor before taking ibuprofen.
- **For severe pain:** Take the pain medicine (*opioids*) your doctor prescribed. Follow the directions on the bottle.

## When to Call

Call your healthcare provider if you have:

- Fever higher than 100°F (37.8°C)
- Pain that is not controlled by your pain medicine
- Bright red bleeding that will not stop
- Signs of infection:
  - Redness, swelling, or warmth at your incision
  - Drainage that smells bad
- A reaction to the pain medicine:
  - Nausea and vomiting
  - Rash or itching
  - Problems passing urine (peeing)

## Urgent Care

**Call 911 right away** or go to the emergency room if you have:

- Problems breathing
- Hives
- A lot of bleeding

### Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

#### **For questions or concerns:**

Weekdays from 8 a.m. to 5 p.m., call Otolaryngology/ Head and Neck Surgery at 206.598.4022 and press 2.

After hours and on weekends and holidays, call 206.598.4022 and press 2 to talk with a Community Care Line Nurse.

#### **For appointment questions:**

Call Otolaryngology/Head and Neck Surgery: 206.598.4022.