



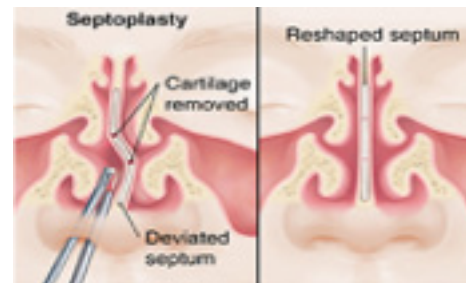
## Septoplasty Frequently Asked Questions

### WHAT IS THE SEPTUM?

The septum is the partition that divides your nose into the left and right half. The septum can become deviated to either the left or right side. While this can be caused by trauma, it is most often due to the way your nose grew when you were a child.

### WHY IS A SEPTOPLASTY DONE?

The septal deviation can block airflow through the nose, and it can block the drainage of the sinuses.



### WHAT ARE THE RISKS OF A SEPTOPLASTY?

The greatest risk with this surgery is numbness to your upper lip and front teeth. This can happen if any of the nerves that run along the floor of your nose are cut during surgery. This is rarely permanent but can still take several weeks to resolve.

### CAN I DRIVE MYSELF HOME AFTER A SEPTOPLASTY?

No. The surgery will be done in the operating room with general anesthesia. You will need a driver to bring you to the surgery center and drive you back home afterward.

### HOW LONG DOES THE SURGERY TAKE?

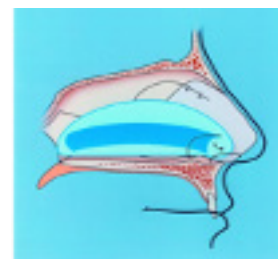
After the patient is asleep, the surgical procedure usually takes anywhere from 30-60 minutes. While the procedure itself usually takes 30-60 minutes, you will only be released from recovery once you have met discharge criteria. You should expect to be at the facility for at least a few hours.

### WHAT SHOULD I AVOID BEFORE SURGERY?

Avoid aspirin-containing products for **THREE DAYS** before surgery.

### WHAT CAN I EXPECT AFTER A SEPTOPLASTY?

- You will have silicone splints (Doyle Nasal Splints) in both sides of your nose for three to five days after surgery. The splints are large and will make it more difficult to breathe through your nose. This will resolve, however, when we remove the splints. The splints are held in place by a stitch, so **PLEASE DO NOT TRY TO REMOVE THEM ON YOUR OWN.**
- You can **expect** some **bleeding** for the first **24-48 hours**. If bleeding persists for an extended period of time, please notify my office.
- You will need to **avoid forcefully blowing your nose for one full week after surgery**. You may blow your nose, but do it **Gently** during this first week.
- Do not suppress the need to cough or sneeze. Instead, **cough or sneeze with your mouth open**. This will help prevent any excessive postoperative bleeding from your nose.
- Starting the **day of surgery**, begin using **Nasal Saline Sprays every hour on the hour**. You quite literally cannot use the Nasal Saline Sprays too much and keeping this area moist is very important for your healing. This will be difficult until the nasal splints are removed but, it is still important for you to use the Nasal Saline Sprays to the best of your ability.
- You can also start using a **Neti Pot two to three times/day** starting **one day after surgery**. If you choose to use a Neti Pot, please ensure it is set to a **low-pressure setting**.
- You may also apply Vaseline ointment in your nose to help keep the area moist.



- You may experience increased nasal congestion for one to two weeks after surgery.
- No bending over, lifting over 10 lbs., or straining for at least one week.
- Avoid participating in any rigorous activity until healing is completed three to four weeks after surgery.
- **Wait one week** before resuming the use of your **CPAP** machine.
- **Do not resume** the use of aspirin-containing products until **ONE TO TWO WEEKS after surgery.**
- Take your pain medication and antibiotics as instructed. Don't try to "tough it out" as the increased pain will increase your blood pressure, which will increase your chance of bleeding.

#### **WHEN DO I NEED TO FOLLOW UP AFTER SURGERY?**

A follow-up appointment will need to be scheduled for three to five days following your surgery (usually the Monday following your surgery; if your surgery was on a Thursday) to remove the nasal splints. You will need to be seen again two to three weeks after splint removal to ensure you are healing adequately.

#### **WHAT ARE SOME THINGS I NEED TO LOOK FOR AFTER SURGERY?**

Contact my office or go to the emergency room if you have:

- Increased eye pain
- Fever over 101°F
- Change in vision
- Swelling or bruising around the eyes
- Severe or worsening headache
- Nosebleed that persists

As a Christian, I strongly believe in prayer and pray for all of my patients, especially during surgery. If you would like me to pray with you and your family before any surgical procedure, please ask.

DO NOT hesitate to contact our office for any emergency at 580-421-6470. If a problem should arise when the office is closed, you may have us paged through the Mercy Hospital, ADA Operator at 580-332-2323; or go directly to the nearest Emergency Room.

**More information can be found at [www.LandrumENT.com](http://www.LandrumENT.com).**