



Wesley D. VanderArk, MD  
Christopher J. Witt, MD

Phone: (717) 761-4844 Ext 129

## **Instructions following Septoplasty**

### **Supplies for home:**

Nasal Saline Spray (Ocean®, Deap Sea®, etc.)

Antibiotic ointment (Bacitracin)

Nasal decongestant spray (Afrin®)

Small room air humidifier or vaporizer for the bedside

### **General:**

Septoplasty is performed as an outpatient procedure. You will have absorbable sutures placed to close the incision in the septum. Often, splints are placed to help with healing and minimize scar tissue formation. The nose may be congested or obstructed in the first few to several days following septoplasty. This is relieved with saline rinses (see Nasal Care following the Surgery below). Mild oozing of blood from the nose and down into the back of the throat is expected in the first 48 hours.

### **Diet:**

You may have liquids by mouth once you have awakened from anesthesia. If you tolerate the liquids without significant nausea or vomiting then you may take solid foods without restrictions. Some patients experience a mild sore throat for 2-3 days following the procedure. This usually does not interfere with swallowing.

### **Pain control:**

Patients report moderate nasal pain, upper dental pain, congestion and headache for a few to several days following septoplasty. This is usually well controlled with prescribed oral pain medication. Over-the-counter Acetaminophen (Tylenol) may be used when prescribed pain med is no longer needed. Keep in mind the prescription pain medication does contain an opioid that can cause sedation, intoxication and constipation.

### **Activity:**

No heavy lifting or straining for 2 weeks following the surgery. You should plan for 1 week away from work. If your job requires manual labor, lifting or straining then you should be out of work for 2 weeks or limited to light duty until the 2 week mark. Walking and other light activities are encouraged after the first 24 hours.

### **Nasal care following the procedure:**

A folded 2 inch x 2 inch gauze nasal drip pad may be worn under the nose (taped to the cheeks) to catch any oozing of blood during the first 48 hours. Change this as needed when it is saturated. The drip pad does not need to be worn if the nose is not actively dripping.

- **Bleeding:** It is normal to have some bloody discharge for the first 3-5 days after sinus surgery, especially after you irrigate your sinuses. You may dab your nose with tissue but **avoid any nose blowing**. If this does not stop the bleeding you may **use Afrin spray**. Several sprays will usually stop any bleeding. If Afrin fails to stop steady nasal bleeding, then you should call our office or the on call doctor
- **Nasal Saline Spray:** Nasal saline mist spray must be used frequently after surgery and can make your nose more comfortable after surgery. These sprays (Ayr, Ocean, Simple Saline) are over-the-counter medications and can be purchased in any pharmacy.
- **Bacitracin ointment:** Use Bacitracin Ointment (over the counter) in each nostril 2 times a day or more if needed. Place a large amount on your finger and put inside of nose. Sniff and gently pinch nose together. It will get where it needs to go.

**DO NOT BLOW YOUR NOSE OR REMOVE ANYTHING FROM YOUR NOSE UNTIL YOU FOLLOW UP WITH YOU PHYSICIAN 1 WEEK AFTER SURGERY!!!! IF YOU HAVE TO SNEEZE, OPEN YOUR MOUTH AND COUGH YOUR SNEEZE OUT THROUGH YOU MOUTH!!**

**Follow-up appointment:**

Your follow up appointment in the office will be 1 week following your surgery. At this visit, relief from nasal congestion occurs as the septal splints are typically removed at that time. This visit should be scheduled prior to your surgery (at the time of your pre-operative visit). If you do not have the appointment made, please contact our office when you arrive home from the surgery center.

**Please call our office immediately if you experience:**

- \*Brisk nose bleeding
- \*Fever greater than 101 degrees Fahrenheit
- \*Purulent discharge (pus) coming from the nose
- \*Severe nasal pain or headache

**\*\*\*Your physician will send 2 prescriptions in for after surgery. One will be and antibiotic and one will be pain medicine. Please pick these prescriptions up at your pharmacy BEFORE your scheduled surgery.**