

S.C.E.N.T.

Southern California Ear, Nose and Throat
433 E. Wardlow Rd.
Long Beach, CA 90807
Phone: 562.427.0550 Fax: 562.988.8899

**Post-Operative Instructions for
Septoplasty****Procedure:**

The nose is divided into right and left sides by a “septum” that consists of bone and cartilage. The septum goes from the front of the nose to the back of the nose either from injury or during septal growth in adolescence, it may obstruct the nasal and sinus passages, leading to nasal obstruction, chronic sinus infections, and nose bleeds. The surgery is performed to straighten the septum so air flows evenly through both sides of the nose.

INSTRUCTIONS FOR HOME:**Expectations:**

- Mucous mixed with some blood may drain from the nose for several days after the surgery
- Bright red bleeding lasting more than a few minutes is not normal, call us immediately
- Nasal stuffiness may occur for a few days following the procedure. If it is prolonged and not relieved by decongestant sprays, please call us to check that blood has not collected in the septal repair.
- Nasal splints or packing are sometimes in place for up to 1-2 days or 1-2 weeks after surgery
- Severe pain, not relieved by medication, is not normal, call us immediately if you are concerned

Diet:

On the night of surgery limit the patient to a light diet to help prevent vomiting after the surgery. The patient does not need to eat or drink until the next day. If desired, soups, Jell-O, juices, and popsicles are allowed. No heavy foods, including milk, should be eaten on the evening of surgery. On the day after surgery, the patient may eat anything he or she wants, as long as the stomach had settled.

Activity: The patient may return to most activities, including school/work, as tolerated. NO physical education class, competitive sports, or swimming until instructed by the physician

Medications: An antibiotic may be prescribed by the physician. Please use as directed.

Tylenol is usually sufficient if the patient is having discomfort.

Other medications, including nasal irrigation, nasal/oral steroids, and pain medications are ordered as needed. Your surgeon will instruct you specifically when these medications are prescribed.

DO NOT USE ASPIRIN OR IBUPROFIN PRODUCTS SUCH AS ASPERGUN, ALEVE, MOTRIN, OR ADVIL AS THEY CAN CONTRIBUTE TO BLEEDING. AVOID SUCH HERBALS AS GINSENG, GINGKO, OR GARLIC SUPPLEMENTS

Follow-Up: Schedule the patient for a follow-up appointment in our office 1-2 weeks after surgery. Sometimes, a packing or stent may be removed at this visit.

If you have any questions, problems, or need to schedule (or reschedule) an appointment, please contact our office at 562.427.0550