

## SEPTOPLASTY

Septoplasty is an operation to correct a deformity of the partition between the 2 sides of the nose. The usual purpose is to improve breathing, but it may also be required to improve visualization of the nasal interior for treatment of polyps, inflammation, tumors or bleeding. When the nasal septum is deformed, there is no medicine that will cause it to be straightened and so surgery is the only solution to this problem. The undesirable results may occur include septal perforation, failure to completely improve breathing due to swollen membranes as seen in allergic patients, post-operative bleeding (usually easy to control) and nasal crusting.

If no nasal packing is required, a follow-up visit at approximately 3 days following surgery is necessary to clean crusts from the surgical site. A further follow-up visit is then scheduled in 2 to 6 weeks. Occasionally, further endoscopic procedures, or more rarely, a more surgical procedure could be required if a resolution in symptoms does not occur.

### POST-OP INSTRUCTIONS

You stay at home for 1 day and observe for bleeding. Bleeding is rare, but observation should be maintained. Any bright red bleeding should be reported to your doctor if it persists longer than 10 minutes or is profuse. Blood tinged drainage is normal.

If general anesthesia is used, you may be nauseated. This usually clears after a few hours. If the nausea persists or you vomit repeatedly, your physician should be contacted. Gradually increase to normal activity over a 1 week period. If the procedure is done under local anesthesia, gradually increase to normal activity over 3 to 4 days.

- Do not blow your nose. Blowing your nose, coughing or sneezing increases pressure in your sinuses and may cause damage to your operation. If you must cough or sneeze, do so with your mouth open.
- Elevate your head on 3 pillows.
- Ice packs may be placed over your cheeks every 3 to 4 hours for 15-20 minutes.
- Use a cool vapor humidifier at bedside until the packing is removed.
- Change your nasal drip pad as needed.
- Follow your physician's instructions.

### RISK AND COMPLICATIONS

As with any surgery, there are possible risks and complications. These include the following:

- Minimal risk of major complications or even death.
- Temporary numbness or discomfort may occur in the upper teeth.
- Occasionally some swelling, bruising or numbness of the lip or bruising of the area around the eye may occur and is temporary.
- For the first couple of days, expect a sensation that may feel like a bubble in the sinuses and ears.