



## Septoplasty Post-Operative Care

### Expectations

- Nasal congestion, stuffiness, and crusting are very common after surgery.
- Blood tinged drainage is expected for a few days after surgery.
- Plan to go home the same day.
- Some patients will have splints in both nostrils. Splints make your nose feel very congested or plugged. The splints are like a scaffold for the repaired septum, allowing it to heal in good position.

### Activity

- Most patients can return to work 1 week after surgery; this depends on the nature of your work. It may take longer to return to more physically de-manding work and less time if you do more sedentary work.
- You may begin driving when you are no longer taking narcotic pain medications (hydrocodone or oxycodone).
- Avoid exercise or athletics until you have seen your doctor post-operatively and you have been given the okay.
- Avoid heavy lifting (>10 lbs), bending, and straining for one week.
- Bedrest is not necessary after surgery. Remaining active and mobile will help to expedite your recovery.
- Sleep with your head elevated for the first few days after surgery. A humidifier in your bedroom may be helpful.
- No nose blowing.
- Sneeze with your mouth open.
- Avoid straining. A stool softener may be a good idea for the first few days.
- If you use a CPAP machine, you should plan to not use this for a week after surgery.
- Avoid smoking for at least one week after surgery.

### Wound Care

There may be splints inside the nose and outside the nose. These will likely be removed at your follow-up visit in 1 week. The splint on the outside of the nose must remain dry, or it will fall off.

### Medications

- You may resume your preoperative medications unless otherwise specified by your doctor.
- Pain control
  - o You have been provided with a prescription for a narcotic pain medication (hydrocodone/ acetaminophen or oxycodone/ acetaminophen). There are plenty of patients who never need to take this medication. It may be needed for the first few days or up to a week after surgery.
  - o This medication can cause constipation, so start a stool softener (Miralax, Colace, or Senokot) while taking this medication.
  - o Many patients only need ibuprofen or acetaminophen (Tylenol) after surgery for pain control. You can take 400 mg of ibuprofen every 8 hours.
  - o You can also use Tylenol or acetaminophen but do not take this if you are taking hydrocodone/ acetaminophen or oxycodone/ acetaminophen. The maximum daily dose of Tylenol (acetaminophen) is 3000mg from all sources.

### Follow-up

At your one-week postoperative visit the outer splint will be removed. Please shower approximately an hour prior to their postoperative visit getting the entire splint wet. This helps to slide the splint off easily with no discomfort.

**Call Lakeside ENT & Allergy at 585-394-8800 if you develop any of the following symptoms:**

- Excessive drainage or bleeding from the nose
- Concern for infection with pain and redness at the incision site and/or fever >101.5
- Poorly controlled pain