

## Post-Operative Instructions: Nasal Septal Reconstruction

### INDICATIONS:

- This surgery is most often performed to straighten the middle partition of the nose called the septum to improve nasal breathing.
- It may also be done to improve sinus function, facilitate sinus surgery, and on rare occasions to relieve pain or headaches.

### WHAT TO EXPECT:

- A feeling of pressure and discomfort in the nasal area is to be expected.
- Some bleeding should be expected post operatively. A moustache dressing will be taped under your nose to catch any oozing. Change it as often as needed.
- The first 12 to 18 hours after surgery seems to be the time of most discomfort.
- Teflon splints that hold the septum in proper position are sewn inside the nose and will be removed in the office approximately one week after the surgery.
- Your nose will feel congested until the swelling inside subsides in about one to two weeks after surgery. It may also be more sensitive to touch and motion, and may feel stiffer than normal for several weeks after your surgery.

### ACTIVITY:

- Avoid strenuous activity: lifting, bending, straining, or vigorous exercising for 2 weeks.
- No blowing your nose for one week after surgery and then resume gently.
- If you have to sneeze, do it with your mouth open to prevent nasal irritation.
- The first night keep your head elevated—the higher the better. Sleeping in a recliner can help. Then keep your head elevated 30 degrees for the first week after surgery.
- Use a cool-mist humidifier at your bedside to help moisturize membranes in your nose and mouth.
- Avoid any travel requiring rapid elevation changes, i.e., airline or mountain travel for 4-6 weeks.
- Use saline spray (Ocean, Nasal, Salinex, Ayr) to keep membranes moist and free of crusts. Use hourly while awake. Begin the day of surgery.
- Irrigate your nose twice a day with the buffered saline solution. Begin the day after your surgery.

### DIET:

- In the immediate post-operative period start with clear liquids. If there is no nausea you may advance your diet as tolerated.
- Maintain an adequate fluid intake throughout the post-surgical period.

### MEDICATIONS:

- Pain medication will be prescribed. Take as directed at the proper interval.
- You may use Afrin nose spray every 12 hours to help decrease congestion. **DO NOT USE MORE THAN THREE DAYS!!!** (over usage will cause more swelling)
- Take antibiotics as directed. Begin taking them the day before surgery.
- Apply Polysporin Ointment four times a day with a q-tip just inside the nasal openings.
- Avoid aspirin, ibuprofen, motrin, or similar medications for three weeks after surgery.

### REASONS TO CONTACT DOCTOR:

- Excessive bleeding or fever over 100 degrees, rash or diarrhea (signs of toxic shock syndrome).
- Noticeable swelling around either eye or decreased vision.
- For follow-up appointment if one was not made pre-operatively.
- Do not hesitate to contact our office if you have any problems. Someone is always available.
- For after hour emergencies call **801-596-6665**.