



Septoplasty

Patient and Family Education

This teaching sheet contains general information. If you have any additional questions, please speak with the office nurse at (813) 262-1330.

What is a deviated septum?

The nasal septum is the bone and cartilage that separates the two halves of the nose. Ideally, this is straight and midline. If it is not perfectly straight, it is considered deviated. A slight deviation does not cause many problems and is usually managed medically. If it is moderately or severely deviated, it may lead to nasal obstruction, chronic sinusitis, breathing difficulties, snoring or chronic nose bleeds, and may require surgery.

How long will it take to recover?

Most children require pain medicines for about a week post-surgery. Increased snoring and nasal congestion is normal and is caused by temporary swelling. Most children will mouth breathe due to the splints placed during surgery causing nasal obstruction. Bad breath is also normal and caused by the scabs that form after surgery. The snoring, congestion, and bad breath should be vastly improved within 14 days after surgery. It is normal to have some bloody drainage for the first 3-5 days after surgery.

How can I take care of my child after surgery?

1. Pain- Most children are back to normal within 7 days after surgery. If uncomfortable, please give Tylenol (Acetaminophen) every 4-6 hours as needed for pain.
2. Congestion-It is normal to feel very congested due to the splints and the scabs that form after surgery. You may use nasal saline to help moisten the nose. We do not recommend blowing the nose or "picking" the nose while healing though you may use light wiping as needed.
3. Fever- A low grade fever less than 101° F may occur after surgery and may be treated with Tylenol (Acetaminophen) every 4-6 hours as needed.
4. Bleeding- There may be some bloody drainage for the first 3-5 days after surgery. There should be no excessive nose bleeds.
5. Activity- It is best for your child to rest at home the day of surgery. Try to keep his/her head elevated for the first 24 hours after going home. Discourage your child from blowing their nose. She/he may resume normal activities, including school 1 week after surgery. No vigorous activity or PE for 2 weeks post-surgery. Light swimming is allowed after the splints are removed.
6. Post-Op Appointment- A follow up appointment should be made in our office for 7 days post-surgery to remove splints, 3-4 weeks after surgery, and 7-8 weeks after surgery. Please call if not already scheduled.
7. Prophylaxis Treatment- Nasal Saline sprays will be ordered starting the day of surgery every 2-3 hours. Nasal Saline Rinses, like the Neti-pot, will be ordered once the splints are removed.

When should I call the doctor?

Call the office if your child:

- Excessive nose bleeding
- Has a temperature over 102° F
- If fevers persist more than 12 hours post-surgery
- Persistent headache
- Neck Stiffness
- Sudden visual changes or eye swelling
- Develop dizzy episodes or fainting while standing or develop shortness of breath
- If you have any concerns about how your child looks or feels

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