

Septoplasty



What Is Septoplasty?

Septoplasty is a surgical procedure to straighten a deviated septum—the wall of cartilage and bone that divides your nostrils. A deviated septum can cause nasal obstruction and difficulty breathing. The goal of septoplasty is to improve airflow through your nose and enhance your quality of life.

What to Expect After Surgery

- **Nasal Congestion:** Swelling and congestion are common and may make it feel like you have a blocked nose for the first two weeks.
- **Mild Pain or Discomfort:** You may feel soreness or pressure, which is usually manageable with over-the-counter or prescribed pain relievers.
- **Bleeding:** Light bleeding or blood-tinged nasal discharge is normal for a few days.
- **Splints or Packing:** You may have nasal splints or packing inside your nose to support the healing process. These are usually removed at a follow-up appointment.

Post-Operative Care

1. **Rest and Activity:**
 - Rest for the first few days and avoid strenuous activities, bending over, or heavy lifting for at least 1–2 weeks.
2. **Nasal Care:**
 - Use saline nasal sprays or rinses (as directed) to keep your nasal passages clean and prevent crusting.
 - Avoid blowing your nose for at least one week to protect the surgical site.
3. **Pain Management:**
 - Take prescribed pain medications as directed.

Follow-Up Care

- You will need a follow-up appointment to monitor your healing and to remove any splints or packing if they were used.

When to Seek Medical Help

Contact your doctor if you experience:

- Persistent or heavy bleeding.
- Severe pain that is not relieved by medication.
- Fever or signs of infection, such as increased redness or swelling.

Recovery Timeline

- Most patients return to normal activities within 1–2 weeks.
- Full healing of the nasal tissues may take several weeks to a few months. Be patient and follow your doctor's instructions.