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KPJ KLANG SPECIALIST HOSPITAL

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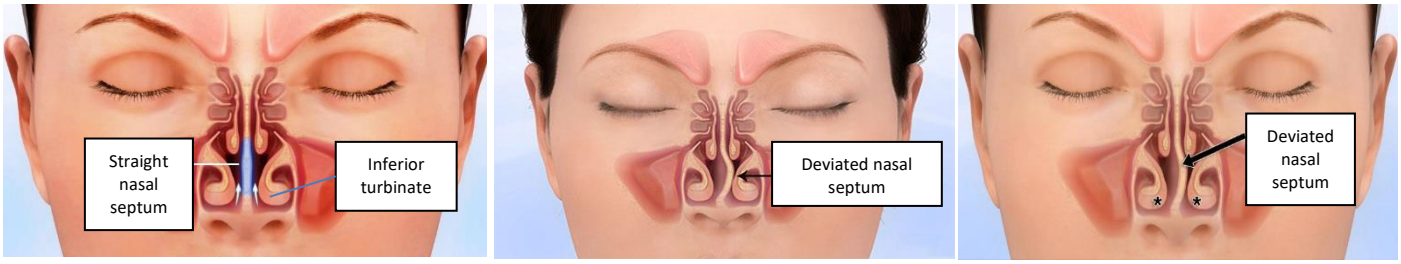
Committed to YOUR Well-being

SEPTOPLASTY TURBINATE SURGERY – what to expect after the surgery?

Septoplasty serves to correct deviated/bent nasal septum.

It is often combined with inferior turbinate reduction surgery to improve your nasal airway patency.



The first week after the surgery, you will experience nose block, maybe even more than before the op. As postoperative internal swelling and the tiny blood clot, crust, muck and mucus will accumulate in your nose.

When you return for follow-up, all these muck and mucus will be removed and you will be able to breathe much better than before.

Some patients may complain of difficulty sleeping due to the blocked nose.

So please be patient for the first few days or the first week.

Some minimal blood stain or blood clots on rinsing/douching your nose maybe present.

Generally no pain or very minimal tolerable pain.

Depending on each case, thin internal splint may be placed inside your nose. This will be removed usually by the 1st postop follow-up.

Septoplasty turbinate surgery postop care instructions

Please consume the given oral antibiotics and use the other medications.

Please frequently wash/douche/rinse your nose, at least every 4hourly minimum. The more the merrier, the better your healing.

How to rinse ? *Let the water run in each nostril about 3-5 secs each wash/rinse. The flow should be strong enough to remove some debris in the nose but not strong enough to cause any ear pain. The water may flow out from the opposite nostril or throat – but it does not really matter. Please avoid backflow of the washing solution from your nose back into the bottle during rinsing. Practice makes perfect. Please also wash n dry the bottle after each use.*

Some minimal blood stain or blood clots on rinsing/douching your nose maybe present.

If a lot of fresh blood, please contact us or go to the Emergency Dept (open 24 hours).

DO NOT SMOKE/VAPE as it increases complications risk of wound breakdown/poor healing.

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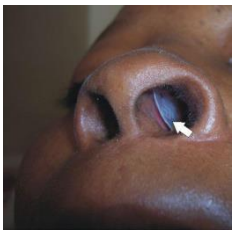
Don't blow your nose hard as it may cause bleeding. If you really need to, please do it gently.

If you ever need to pinch your nose to squeeze/remove mucus from your nose, please do it gently with equal pressure on both sides on the nose.

If your nose becomes itchy, especially for those with preexisting allergic nose, DON'T ROCK, TWIST or PINCH your nose violently – it may lead to crooked/collapsed nose which will need another surgery to fix. You can take some oral antihistamine tablets. Usually, intranasal steroid spray is temporarily withheld during this immediate postop period. You will be informed on when to resume the intranasal steroid spray.

If there is a temporary internal splint in the nose, don't try to pull on the splint. Just leave it there and it will be removed on your follow-up visit.



Internal nasal splint

Those with external splint, please keep it on your nose as much as you can as advised. *(if you also had rhinoplasty done, you will be handed an additional printout)*

You are allowed to gently touch your nose or apply simple cosmetics make-up.

Please avoid contact (eg basketball, football) or racquet (eg badminton, tennis, squash) sports where the nose may get hit. You can still go for solo sports eg. brisk walking, jogging, aerobics, cycling and light weight-lifting. Also best to avoid swimming to avoid wound contamination. Most importantly, not to overexert/overstrain yourself the first week which can cause nose bleeding.

External nasal splint

If you are on blood thinners (eg. aspirin, warfarin, Plavix, Xarelto etc), please reconfirm the dosage with the surgeon.

Please try your best to avoid picking ("digging") your nose. This may cause infection to the wound.

Please attend your postop care clinic visit where we will reassess you, clean your nose till you achieve full recovery. How frequent, the duration and interval are very much dependent on how clean the operated wound in your nose is. So please wash and rinse well frequently.

Sleeping in an elevated position, 30 degrees reclining or with 3 pillows (provided it does not cause you new problems of neck pain!) can help in reducing swelling in the nose (*NOT absolutely mandatory to do this, hence the last piece of advice*)

If you are unsure about any parts of your postop care, please don't hesitate to contact us.

WISHING YOU A SPEEDY COMPLETE RECOVERY

Disclaimer: This leaflet only meant for patients who had undergone surgery under our care and not a general advice for all. Please consult your own surgeon for his/her specific instructions for your unique condition.