
SEPTOPLASTY – SURGICAL CORRECTION OF A CROOKED SEPTUM **CARE AT HOME INSTRUCTIONS**

What should I expect after the surgery?

Bleeding/Drainage:

- It is normal to have a small amount of blood-tinged drainage for several days after nasal surgery.
- There will be a small gauze pad under the nose to soak up drainage from the nose. Change this gauze pad when needed.
- Once the water, bloody drainage has stopped, the gauze pad is no longer needed.
- Your child may feel nauseous and vomit dark blood after surgery. This is common for the first 24 hours after surgery because blood drains down the back of the throat during surgery.

Packing:

- There may be some gauze pads (packing) left in the nose to prevent bleeding. DO NOT TOUCH these pads. They will dissolve on their own.
- Encourage your child to breathe through his/her mouth.
- Remind your child not to blow his/her nose for at least one week.
- Try to avoid sneezing. If this cannot be avoided, remind your child to sneeze with his/her mouth open.
- Stop your child from picking at the nose to remove any crusting.
- If okay with your doctor, you may apply petroleum jelly on the rim of the nostrils.

Swelling/Bruising:

- Your child may complain that his/her nose feels “stuffed up”. This is normal and is caused by the swelling that happens after surgery. This stuffy feeling will go away in about one to two weeks.

- You may use a cool mist humidifier to help keep the nasal passages moist.
- Use nose drops or spray as directed by your doctor.
- When lying down, have your child use two pillows. This will ease your child’s breathing and help prevent swelling.
- Do not place anything into the nasal cavity.

Will my child have pain?

You child may complain of mild pain for the first five to seven days after surgery. To manage your child’s pain at home:

- Give acetaminophen every four hours for the first 24 hours. For the best pain control, wake your child up at night for the pain medication. Then give acetaminophen every four hours only when needed. **Do not give more than five doses of acetaminophen in a 24-hour period.**
- Give pain medication as soon as your child complains of pain – do not wait.
- Use the pain medication as suggested by your doctor.
- For the correct amount of acetaminophen to give, follow the instructions on the medication bottle using your child’s weight.
- **Do not take Aspirin or Aspirin containing products.**
- Additional Medication:

- Talk to your doctor or pharmacist if you have questions about your child’s pain medications.
- Your child’s weight is _____ kg. Acetaminophen was last given at _____.

What about regular activity?

- Avoid bending over and doing any heavy lifting (greater than 10 pounds) for at least one week.
- Do not participate in any strenuous activities or exercise for at least one week.
- Avoid contact or water sports until your doctor tells you it is okay to do so.
- Your child may have a shower or bath, as directed by the doctor.

Do I need a follow-up appointment?

- Follow-up care is a key part of your child's treatment and safety. Be sure to schedule and attend all appointments, and call your doctor if you are having problems.
- Call the office the next day to schedule a follow-up appointment for _____ week/s from today.

When should I call the doctor?

- Your child is spitting up or swallowing large amounts of bright red blood or bleeding from the nose that will not stop.
- Severe headache that is not relieved with pain medication.
- Fever greater than 38.5°C for longer than 24 hours.
- Drainage from the nose that is yellow or green or foul smelling.
- Increased pain or pain that is not relieved with the suggested pain medication.
- Complete blockage of the nostrils after your child has been breathing through the nostril.

**For postoperative questions or concerns, please contact our
Pediatric ENT Nurse Practitioner at 780.407.1966
weekdays (Monday to Friday) from 7:00 a.m. to 5:00 p.m.**

If you have problems that you cannot resolve, and you are unable to reach the doctor or nurse practitioner, please be sure to take your child to the nearest emergency department