



Septoplasty

One Day Surgery • Post Operative Instructions

1600 7th Ave S • Birmingham, AL 35233 • 205.638.9100

What to Expect

- There may be nasal drainage from the nose for three to five days. Drainage may be clear or bloody. If bleeding persists, pinch the nose closed for five minutes. If bleeding continues after 10-15 minutes, use Afrin nasal spray and call your child's doctor at the ENT office during office hours page the ENT resident after hours.
- A slight elevation in temperature is to be expected the first 24 hours. It should not go above 101 degrees and it should not last more than 24 hours. If either occurs, notify your child's doctor.

Activity and Care

- No strenuous activity (including swimming) for two weeks.
- Do not blow nose for two weeks. Gentle blowing is permitted after five days.
- Sneeze with mouth open.
- Sleep with head slightly elevated.
- Although the nasal splints may be uncomfortable and unpleasant. They are to stay in place until removed by the doctor. Do not be alarmed if one of the splints falls out before your scheduled return visit with the doctor. This may occur as the swelling decreases inside the nose.
- If stents are placed please call our office at (205) 638-4949 to schedule an appointment for stent removal.
- Saline spray should be used 3-4 times per day with 1-2 puffs per nostril. The goal here is to keep the nasal mucous membranes moist.

Diet

- Your child may become nauseated and vomit on the way home due to motion sickness. DO NOT feed solid food until you reach your destination.
- Push fluids after surgery. As fluids are tolerated without nausea and/or vomiting, advance to a regular diet. If nausea and vomiting occur after starting and advancing diet, return to clear liquids until solids are tolerated.

Medication

- Children's Tylenol, Motrin or Advil should be given for pain.

When to Call Your Doctor

- Temperature over 101° or lasting for more than 24 hours.
- Excessive nausea, vomiting or any concerns regarding dehydration.

Physicians:

Brian J. Wiatrak, MD, FAAP, FACS
Audie L. Woolley, MD, FACS

J. Scott Hill, MD, FAAP, FACS
W. Peyton Shirley, MD, FACS

Nicholas Smith, MD
Brian Kulbersh, MD

Telephone: (205) 638-4949 or for after routine office hours, call (205) 638-9100 and page the doctor on call for ENT.

For emergencies, call 911.

Parent/Guardian _____ Date _____

Nurse _____ Date _____

One Day Surgery Center - Russell Campus | One Day Surgery Center - Children's South