

## Deviated nasal septum surgery or septoplasty

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### Background

Deviation of the nasal septum may cause continuous nasal stuffiness and snoring. The deviation may be congenital or result from injury.

### The procedure

The procedure is generally performed under local anaesthesia inside the nose and takes about an hour. Prior to the procedure, the nose is anaesthetised with cotton swabs or wipes soaked in anaesthetic solution. In most cases, flexible splints are inserted in the nostrils during the procedure to stabilise the septum, and tampons are inserted in the nasal cavities.

### Tampons and splints

In most cases, absorbable tampons are inserted in the nose. They will dissolve and do not have to be removed. If removable tampons have been inserted in your nose, moisten the tampons carefully with the saline solution you were given from the hospital before removing them. After moistening, remove the tampons by pulling the strings. There may be some bleeding from the nose after removing the tampons. You may reduce the bleeding by applying a cold pack to your neck. The bleeding usually stops within 30 minutes. The splints placed in your nose are removed at the ENT Outpatient Clinic after about a week.

### Recovery

There may be slight bleeding for 1–2 days. Your nose will feel stuffy due to mucosal swelling and encrustation. Mild stuffiness may persist for several weeks. Starting on the day following the procedure, it is important to moisten the nose several times a day with moisturising sprays or drops (e.g. A-vita® nasal drops, Humidose®) available from the pharmacy without prescription. Due to risk of bleeding, avoid blowing your nose hard, sneezing, physical exertion and sauna baths while you are on sick leave. The night following the procedure, you should sleep in a half-sitting position.

### Eating

You will be given something cold and liquid to eat 1–2 hours after the procedure. Hot drinks and hot food should be avoided for 1–2 days.

### Pain management

At first, the nasal area will be sore, and the nasal tampons and mucosal swelling often cause a headache and a feeling of pressure in the nose. You should take painkillers regularly for a few days.

## **Follow-up appointment**

You will have a follow-up appointment at the ENT Outpatient Clinic after about a week to have the splints removed.

## **Sick leave**

The length of sick leave is usually 10–14 days.

## **Contact the hospital if you have**

- a fever above 38°C or other signs of infection
- a severe pain that is not alleviated with painkillers
- heavy bleeding
- severe nasal swelling

## **Contact information**

Ear, Nose and Throat Outpatient Clinic  
Monday to Friday, 8 am – 3 pm  
Tel. 050 473 5086

Day Surgery Unit  
Monday to Friday, 8 am – 3 pm  
Tel. 02 627 3840

Short Stay Unit  
Tel. 02 627 7512