

Corrective surgery of the nasal septum

These instructions are intended for printing. The instructions contain sections to be filled in.

Septoplasty is performed, if the partition (septum) of the nasal cavities is slanting and causing symptoms, such as stuffy nose and snoring.

Procedure

The procedure is usually performed through the nostrils under local anaesthesia. The mucous membrane is removed from both sides of the bone and cartilage of the nasal septum, and the slanting parts are removed. Next, a new partition is built from the patient's own cartilage, which is covered with mucous membrane, and supported with silicone plates.

The procedure is relatively safe and complications are rare.

Recovery

At the final stage of the operation, so called nasal tampons are inserted to support the partition and prevent bleeding. They block up the nose and may cause a sensation of weight in the nose, headache, and discharge of phlegm. The tampons are removed on the next day, which will ease the uncomfortable sensations.

Your nose will remain somewhat stuffy due to swelling of the mucous membrane, silicone plates, and heavy discharge of phlegm. The symptoms disappear gradually as the wounds heal.

Moistening eases the symptoms and contributes to the healing of the mucous membranes. Using moisturising nasal sprays that contain oil and/or saline (for example Nozoil and Humidose, which can be bought without a prescription) is recommended after the tampons have been removed.

Avoid blowing your nose, physical effort and going to sauna until the silicone plates have been removed.

Treatment of pain

You may experience mild local pain for the first 1–2 weeks. Usually, non-prescription painkillers are sufficient.

Paracetamol

Anti-inflammatory

Follow-up visit

The first follow-up visit is on the day after the operation at the Ear Outpatient Clinic, when the nasal tampons are removed. The second follow-up visit is after 7–10 days, when the silicone plates are removed.

The sick leave is 10–14 days depending on the quality of your occupation and work environment.

Contacts

If you experience heavy and prolonged pain in your nose, if the nasal discharge is heavy or foul smelling or if your fever exceeds 38 degrees (Celsius) (=100 °F), contact the hospital:

Ear, Nose, and Throat Outpatient Clinic from 08.00–10.00, telephone 06 213 1372

Day Surgery Unit on working days from 07.00–15.00, telephone 06 213 1552

Your own health Centre or occupational health clinic

Telephone nursing services from 15.00–08.00 on Monday–Thursday and from 14.00–08.00 on Friday and 24 hours a day during weekends and on midweek holidays, telephone 116 117

Vaasa Hospital District • www.vaasankeskussairaala.fi/en • Telephone 06 213 1111

This instruction is intended for our patients who are in care relationship.