



NASAL SEPTUM RECONSTRUCTION

The surgical procedure known as: Nasal Septum Reconstruction is performed to straighten the cartilaginous wall that separates the insides of your nose. This is done to promote a clear airway and to allow for unobstructed breathing passages. A great majority of persons have deviated nasal septum (curvature of the cartilage and bone that make up the septum) and have been living with obstructed nasal passages. This condition causes trouble breathing through their nose and sometimes inhibits the natural draining process of the sinuses, leading to other conditions such as sinus infections.

The surgical procedure of nasal septum reconstruction is done by working totally inside the nose. There is no outside bruising or stitches. There is little to no packing used in the nose and only a small amount of post-operative discomfort associated with this procedure. There will be a "stuffy feeling" that will remain for a week or two, until healing is complete and you can resume normal activities. Below are our post-operative instructions to help speed your recovery period.

POST OPERATIVE INSTRUCTIONS

1. DO NOT TAKE ASPRIN OR ASPIRIN-LIKE PRODUCTS (Advil, Ibuprofen, etc.) OR VITAMIN E FOR 2 WEEKS BEFORE AND TWO WEEKS AFTER SURGERY. These interfere with blood coagulation and can hinder the surgical procedure and recovery.
2. AVOID HEAVY LIFTING OR ANY AEROBIC STYLE ACTIVITIES FOR A FULL TWO WEEKS FOLLOWING SURGERY.
3. SLEEP WITH THE HEAD OF YOUR BED SLIGHTLY ELEVATED FOR ONE WEEK. This will help reduce nasal congestion.
4. DO NOT BLOW YOUR NOSE FOR TWO WEEKS FOLLOWING SURGERY. The use of a humidifier for the first 10 days following the procedure should help relieve some of this stuffy feeling.
5. SNIFF THE OCEAN NASAL SPRAY UP INTO THE NOSE 5 TO 6 TIMES DAILY. You cannot use too much of this spray.
6. PERFORM THE ENCLOSED HYPERTONIC NASAL SALINE IRRIGATIONS TWICE A DAY UNTIL FURTHER INSTRUCTED BY DR. CRAIG. This will help healing inside your nose.
7. APPLY THE ANTIBIOTIC OINTMENT TO THE INSIDE OF THE NOSE WITH COTTON-TIPPED APPLICATORS 4 TO 5 TIMES A DAY.
8. TAKE ANTIBIOTIC AND PAIN MEDICATIONS WITH FOOD OR ON A FULL STOMACH AS IT MAY CAUSE STOMACH IRRITATION.
9. PLEASE TAKE ALL ANTIBIOTIC MEDICATION PRESCRIBED.
10. PLEASE NOTIFY US IF YOU ARE EXPERIENCING ANY OF THE FOLLOWING: excessive bleeding that persists after applying pressure and lying down for 15 minutes; a temperature above 101°; or any acute discomfort not alleviated by prescribed pain medication.