

## Septoplasty

### Ear, Nose & Throat Clinic

4480 Oak Street, Vancouver, BC V6H 3V4  
604-875-2113 1-888-300-3088  
www.bcchildrens.ca

### What to expect after surgery

#### Pain

- Your child may have mild pain after surgery and their nose will be tender for a few weeks.
- To help with pain, you can give your child Tylenol (Acetaminophen), Advil (Ibuprofen), or both every 4-6 hours for the first 2 days and then as needed. Follow the directions on the bottle.

#### Stuffed nose

- Your child may have a stuffed nose for up to 2 weeks after surgery. This is normal and helps the area heal.
- Sometimes small pieces of plastic called “splints” are placed in your child’s nose to prevent scar tissue from forming. This will be taken out in a week.
- Your child’s nose may take up to three months to settle down and their breathing to be clear again
- Try to stay away from smoky and dusty places
- Mucous can be gently wiped. The mucous or discharge from the nose may have a pinkish, bloodstained, or brown colour. This is normal.
- Your child must not blow their nose for at least 2 weeks. If your child needs to sneeze, tell them to sneeze with their mouth open

#### Diet

- Encourage your child to drink lots of fluids, like water, juice, or milk. This will help with healing. Some children feel sick to their stomach after the anesthetic from the procedure. If your child vomits, start slowly with sips of water or a popsicle. Go back to your child’s regular diet as soon as your child feels well enough.

#### Activity

- Your child should stay home from school for 1 week to rest.
- In 2-3 days after the surgery, your child can do light activity like walking or quiet play if they feel well.
- Your child should avoid swimming, vigorous activities, or sports for 4 weeks. Check with your ENT doctor before your child resumes these activities.



**Go to your closest emergency room if**

- There is bright red blood coming out of your child’s nose or mouth after the second day of surgery
- Your child is having trouble breathing

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### Call the ENT Clinic Nurse if or Seek Medical Attention if:

- Your child has a fever of 38.5°C or higher that lasts for more than 24 hours, starting 2 or more days after surgery
- Your child's pain does not get better with pain medicine.
- Your child's stuffy nose does not get better and feels more blocked and sore
- Your child vomits more than 24 hours after their surgery.
- Your child is not peeing more than 2 times a day.
- You have other worries about your child.



### Contact information

- ENT office:  
604-875-2113
- ENT clinic nurse:  
604-875-2345 ext. 7053  
Monday to Fridays, except holidays  
8:30am-4:30pm



### Follow up

- Your child should return to the clinic for a follow-up visit 6-12 weeks after their surgery.
- After your child's surgery, call your ENT doctor's office to schedule this visit.