



G CHEE
EAR • NOSE • THROAT
SINUS & DIZZINESS CENTRE

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SEPTOPLASTY

You/ Your child has had Septoplasty done. This information sheet will help you understand what you might experience in the following few days as you recover from your surgery

1. Pain – this is minimal and mainly felt at the tip of the nose. Take the pain relief medications provided if required.
2. Bleeding – you may experience minimal bleeding in the first 2 to 3 days. Use the nasal tampons to soak the blood and change when necessary. You can gently blow your nose.
3. Nasal blockage – there may be a sponge in the nasal cavities causing nasal blockage. The sponge will be removed the next day after surgery in the clinic. There may also be crusts and discharge causing blockage. This will be removed on the first visit to the clinic after surgery.
4. Stitch in septum – you may feel a stitch at the front of the septum. Do not pull or tug it. It will be removed one week after surgery.

Things You Should Do

1. Wash the nasal cavity with the Sterimar provided.
2. Gently blow the nose after washing to clear clots. Don't force if you can't clear your nose. I will clean it for you at the next appointment.

Things You Should Not Do

1. Blow too hard. It could set off bleeding
2. Pick the nose or insert foreign bodies into the nose eg. tissue.
3. Swim (for at least 1 week)

If there are any queries, please email at gchee@gcheeent.com or text me at 90033419.

Prepared by Dr Gerard Chee

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