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## **Post Op Instructions: Preparations for (Internal) Nasal Splint Removal**

### **Begin this 4 days prior to nasal splint removal appointment**

- There are special nasal splints that are placed in patients that have had a certain type of septum surgery. The splints are placed to help support the new straightened septum. Dr. Mobley likes them to remain in place for 2-3 weeks post surgery.
- In preparation for the splints to be removed, we ask that you do the following so that this is a smooth process. Please see instructions below:
- Starting 4 days prior to your nasal splint removal appointment begin the following process:
  - Spray each nasal passage with 2-3 sprays of Afrin and wait 15 minutes
  - Then get into a hot steamy shower (15 minutes after the Afrin spraying)
  - Bring a bottle of nasal saline spray into the steamy shower with you.
  - Spray each left and right nasal passage 5-10 times with the saline spray. This spraying, along with the steam, will help to loosen "debris" that has built up inside the nose.
  - While spraying the saline, give your nose several brisk blows to "dislodge" debris that has accumulated in your nasal passages.
- Please repeat the above process at least 4 times before your appointment to have your splints removed by Dr. Mobley. This repeated process will be of significant help to make the splint removal process go smoothly in the office.

If you have any questions, always feel free to call our office at anytime.