



POSTOPERATIVE CARE AFTER SEPTOPLASTY

GENERAL INSTRUCTIONS:

You may experience lightheadedness, dizziness, and sleepiness due to anesthesia. For the next 24 hours:

1. A responsible person should be with you at home.
2. Do NOT drive a car, operative machinery or power tools.
3. Do NOT drink any alcoholic beverages, including beer or wine.
4. Do NOT sign important papers or make important decisions.

DIET:

1. Drink 6-8 glasses of liquids per day to avoid dehydration and promote healing.
2. Advance to a soft diet or regular diet as tolerated.

MEDICATIONS:

1. Complete the entire course of prescribed antibiotics.
2. Use the prescribed pain medication as needed after surgery. As pain improves, you may alternate with or change to a non-aspirin pain medication, such as acetaminophen, Tylenol, ibuprofen or aleve, in the recommended dosage. Please DO NOT take aspirin.
3. Use nasal saline spray/mist (i.e. Ocean, Ayr or generic): 2 sprays in each nostril 5-10 times daily for 2 weeks. Use more frequently if intranasal drying or crusting develops.
4. Use antibiotic ointment twice daily just inside each nostril for 2 weeks.
5. You may take OTC antihistamines and decongestants as needed.
6. You may use an OTC nasal decongestant spray as needed for up to 5 days after surgery.

ACTIVITY:

1. Avoid strenuous activity, aerobic activity or lifting more than 20 pounds for 2 weeks after surgery.
2. Sleep with your head elevated on 2 pillows for several days after surgery.
3. You may return to work after 2-5 days with light duty work restrictions for up to 2 weeks.
4. Avoid contact with people that have colds or upper respiratory infections if possible.

WOUND CARE:

1. Avoid vigorous nose blowing for 2 weeks. You may blow your nose gently.
2. It is common to have some bloody drainage from your nose after surgery. You may wear a nasal snuff/mustache dressing taped under the nose as needed.
3. You may have generalized tenderness of the nose and upper teeth for several weeks after surgery.
4. Nasal congestion and difficulty breathing through the nose is not uncommon while the nasal splints and/or packing is in place. You may irrigate your nose with warm saline, use an OTC decongestant spray, blow your nose, and try humidification in the shower. In some cases, relief is not obtained until the splints and/or packing is removed at your post-operative appointment.

FOLLOW-UP APPOINTMENT: 1 week. Call the office at 334-3370 to schedule an appointment.

CALL 334-3370 if any of the following occur:

1. Persistent or excessive bleeding from the nose.
2. Foul smelling nasal discharge, purulent drainage, or concern of infection.
3. Temperature of 102°F or higher.
4. Persistent nausea, vomiting or dehydration.

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