

SEPTOPLASTY

POST-OPERATIVE INSTRUCTIONS

Septoplasty is done as an outpatient so you will go home the same day as surgery. There is only mild pain after surgery.

THE FIRST 24 - 48 HOURS

- Keep the head of your bed elevated.
- Be up and about on your feet but no heavy lifting, straining or exercise.
- Take your pain medicine for pain as directed by surgical post op instructions.
- Irrigate the nose by sniffing saline nasal spray: **4 puffs** per nostril every **2 hours** while awake.

THE FIRST WEEK

- Stick with softer foods, nothing too spicy.
- Do Not Blow Your Nose!
- If you must sneeze, try to do it with your mouth open.
- Clean inside nostrils three times a day with Hydrogen Peroxide on Q- Tips and then apply Neosporin or Bacitracin ointment.
- Expect mucous/dark blood drainage for the first week, just change the "moustache dressing" as needed.
- If bright red bleeding starts: get into bed or an easy chair with your head elevated and apply ice compresses to your nose and the back of your neck. If the bleeding does not stop within 20 minutes, call our office and the doctor will be contacted.
- Do not expect to breathe well through your nose for several weeks.
- Use saline nasal, e.g., Ayr, Ocean or a generic brand, **4 sprays** each nostril every **2 hours** while awake.