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## ***POST OPERATIVE INSTRUCTIONS -- SEPTOPLASTY***

### **General Considerations**

1. Some nasal congestion for the first 7 - 10 days after the surgery is normal; there is swelling in the nose that will resolve over that time. Exception: if you have the **Silastic splints**, you will experience nasal congestion until they are removed at the one-week post-op visit. Sudafed or similar decongestant may give some relief.
2. Scabs form inside the nose where part of the turbinates were trimmed; it is **very important** to use the saline nasal spray often... 15 times a day is not too much. The saline spray will keep the scabs soft, and soft scabs are more easily removed.

### **DON'Ts:**

- do not drink hot liquids or eat hot foods for one week (warm is OK)
- avoid blowing the nose or forceful sniffing
- avoid wiping nose with tissue; blot gently instead
- no strenuous activity for two weeks
- no heavy lifting
- no bending over for one week (not even to tie shoes!)
- no aspirin or aspirin-containing products (includes Goody's & BC powders)
- no anti-inflammatory medications; Examples: Ibuprofen, Advil, Motrin, Naprosyn, Aleve.

### **DO's:** ✓ use Tylenol for pain

- ✓ drink cold liquids
- ✓ avoid cigarette smoking
- ✓ **use saline nasal spray fourteen to twenty times per day**
- ✓ put a small dab of Neosporin ointment on nasal septum at bedtime and in the morning to maintain moisture in the nose.
- ✓ use a cool mist humidifier in the bedroom at night.
- ✓ avoid sneezing; if unavoidable, sneeze through your open mouth.
- ✓ elevate head of bed with 2-3 pillows under the mattress and two more under your head.

### **IF YOU HAVE A NOSEBLEED**

1. pinch nostrils closed for 5 to 10 minutes by the clock
2. keep head upright or slightly forward.
3. gargle with ice water.
4. drink cold liquids.
5. use Afrin spray (2 squirts in the nostril as needed) and keep pinching.
6. hold an ice cube in mouth (remove upper denture first).
7. contact our office if the above fails to control the bleeding.