

# Postoperative Care After Septoplasty

## General Instructions

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

- A responsible person should be with you at home.
- **DO NOT** drive a car, operate machinery or power tools.
- **DO NOT** drink any alcoholic beverages, including beer or wine.
- **DO NOT** sign important papers or make important decisions.

## Diet

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

## Medications

- Complete the entire course of prescribed antibiotics.
- 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. **Do not take aspirin.**
- 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.
- Use antibiotic ointment twice daily just inside each nostril for 2 weeks.
- You may take over-the-counter antihistamines and decongestants as needed.
- You may use an over-the-counter nasal decongestant spray as needed for up to 5 days after surgery.

## Activity

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

## Wound Care

- Avoid vigorous nose blowing for 2 weeks. You may blow your nose gently.
- 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.
- You may have generalized tenderness of the nose and upper teeth for several weeks after surgery.

*(continued care instructions on back)*



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## Wound Care *(continued)*

- 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 over-the-counter 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

Call the office at **541-334-3370** to schedule your 1 week appointment.

**Call 541-334-3370 if any of the following occur:**

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