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POST-OPERATIVE INSTRUCTIONS

Septoplasty

Swelling **PEAKS** 24-36 hours after surgery, thus **APPLY** ice to the eyes and forehead for the first 72 hours. 20 minutes on, then 20 minutes off.

SLEEP with your head elevated on at least 2 pillows for the next few weeks.

DO NOT take Aspirin, Ibuprofen, Vitamin E or products containing these medications for 2 weeks after surgery. Take **ONLY** Tylenol or Extra-Strength Tylenol OR prescribed pain medication.

RESUME blood thinning medications as instructed by your cardiologist or prescribing physician or **RESTART** 4 days after surgery if there is no active bleeding.

YOU MAY have a drip pad underneath your nostrils. This is to absorb drainage from your nose and should be changed as needed. It may be removed when there is no more drainage. **DRAINAGE** from your nostrils may be bloody for a day or two. It will then change to a clear discharge, which will eventually stop over the next couple days.

THE INNER AND OUTER MOST part of the nostrils may be cleaned with peroxide and/or warm water with cotton applicators. Go up into nostrils with the applicators **only to the end of the cotton tip**.

DO NOT blow your nose while the dressing is on as bleeding may occur. If you must sneeze, try to keep your mouth open.

DO NOT do any strenuous exercises, heavy lifting, or jogging for at least 3 weeks after surgery.

DRYNESS of the throat and mouth may be alleviated by drinking a lot of fluids. **AVOID** extremely **hot** drinks. You may run a vaporizer or humidifier in the room in which you are staying. This will put extra moisture in the air. Suck on hard candy or throat lozenges. Apply ChapStick or Vaseline to your lips 3 to 4 times a day. Drink plenty of water!!!

The day after surgery, start to use the Saline Sinus Rinse Bottle once a day. You may also use a saline nasal spray or drops in your nostrils and sniff back to help alleviate dryness and crusting.

NOTIFY THE OFFICE OF ANY UNEXPECTED PROBLEMS (904) 880-0911.