

# ENTRUST MEDICAL GROUP

## Post-operative Instructions

# Septoplasty

*Please take the time to read these instructions carefully. If you have any questions or concerns, either before or after your surgery, please contact your surgeon's office.*

*The post-operative patient will be discharge from the Outpatient Surgery Center, after he/she is fully awake and the danger of serious bleeding is minimal. The patient may be drowsy and nauseated. Please allow the patient to rest as much as possible upon arrival at home.*

### AFTER YOUR SEPTOPLASTY

- Drink a lot of fluids. This prevents dehydration and keeps your throat and passages moist.
- Change the drip pad as needed. The drainage will slowly decrease over the next week.
- Sleep with head elevated for the first 48 hours. You may use two pillows to do this or sleep in a reclining chair.
- **DO NOT** bump your nose.
- Sneeze with your mouth open
- **DO NOT** blow your nose for two weeks.
- **DO NOT** use aspirin, ibuprophen or products containing aspirin or ibuprophen for two weeks.
- Avoid exposing sensitive nasal tissue to the sun.
- After nasal packing is removed, saline nasal spray may be used to keep the passages moist.
- Take your medication as directed.
- Avoid heavy lifting, intense physical activities/sports for 2 weeks.
- Remain home from school or work for 2 days, or as directed by your physician. A written excuse will be provided if needed.
- **Make sure to schedule and keep your appointment to have your packing removed.**

### POSSIBLE SIDE EFFECTS

- You may feel drowsy and nauseated from anesthesia.
- You will feel nasal blockage from the nasal packing.
- You will be breathing through your mouth.
- Your throat may become dry and irritated.
- You may have minor nasal tip stiffness, swelling and pain. Usually there is no swelling or discoloration of the eyelids.
- There will some nasal drainage. The color will start out red and slowly lighten to pink and then to clear. The amount of drainage will also decrease.

### CONTACT YOUR PHYSICIAN

- If there is excessive bleeding.
- If your pain does not decrease in 1 to 2 days.
- If you have a fever above 101F or if you have a low grade fever for more than 3 days.
- If you have green colored drainage.
- If you have any questions or concerns.

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