

SEPTOPLASTY POST-OP INSTRUCTIONS

Do not use any aspirin and any other non-steroidal anti-inflammatory medications (this includes ibuprofen/Advil/Motrin, naproxen/Aleve, and Excedrin, etc...) 2 weeks prior to and 2 weeks following your surgery. See "pre-op handout" for complete list of medications that should be avoided. You may use acetaminophen/Tylenol or generic equivalent.

Take medications you were given upon discharge, as directed. You will likely be given a pain reliever to use as needed, as well as an antibiotic to fight any potential infection.

Do not blow your nose for the first week following surgery. If you sneeze, do so with your mouth open if possible.

Strenuous activity should be avoided until 2 weeks after the surgery. This includes vigorous exercise, heavy lifting and bending. Call the office if you are unsure about an activity.

You can expect to have some bloody mucous drainage running down the back of your throat, as well as your nose, the first few days after the nasal surgery. Change the drip pad under your nose as needed. It may need to be changed as often as every 20 min or so the day of surgery. Oozing will subside with time. If the bleeding is especially heavy, call our office.

It is normal to be stuffy and congested following the surgery. You may do a lot of mouth breathing. This will improve as swelling decreases.

Keep your head elevated. Sleep with an extra pillow or two.

No airplane travel for one week after surgery. If you've also had sinus surgery, flying should be restricted to 2 weeks.

If desired, lightly apply ice to the nose and cheek area.

Begin using Ocean (or generic) saline nasal spray liberally once moustache gauze is no longer required (usually within 2 days of surgery). Continue using saline mist until your first post-op visit. This will help keep your nasal cavity moist and prevent large crusts from accumulating

If you have any questions or concerns regarding your nasal surgery, feel free to call the office at 312-695-8182.