



Post Septoplasty Visit - Patient Instructions

1. Do not forcefully blow your nose until 3 weeks from your surgery date. You may blow your nose gently with both sides open.
2. Continue your saline rinses, using the NeilMed rinse kit 4 times a day. Saline rinses decrease swelling, can prevent scar tissue, and will thin mucus and help you breathe better.
3. If you were instructed to sleep with your head elevated, you no longer have to do so. It's okay to carefully sleep on your sides, but do not sleep face down for one month after surgery.
4. Do not take any blood thinning medications for 2 weeks from your surgery date. If you have any pain you may take Tylenol or the prescription pain medicine prescribed by Dr. Atkins. Do not take both at the same time.
5. You may still have clots of blood come out through the back of your nose and down the back of your throat, or out the front through your saline rinses. This is normal.
6. If you have a bright red nosebleed, spray 3-4 squirts of Afrin in the affected side. You may do this no more than 3 times per day. Call the office if the Afrin does not stop the bleeding. Do not use Afrin for more than 3 days. If you feel your nosebleed is an emergency, please call 911 or go to the nearest emergency room.
7. Resume all previous nasal sprays. This includes any nasal steroids, nasal antihistamines or compounded nasal rinses.
8. If you have seasonal allergies please continue your treatment as usual. Sinus surgery does not cure allergies.
9. You may begin light exercise such as walking. No heavy lifting for 3 weeks from the date of your surgery or until instructed to do so at your post-operative visit by Dr. Atkins, Mike or Lori. Limit activities that will increase your pressure.
10. Post-operative visits are an important part of your surgery. They ensure proper healing and prevent the recurrence of disease.
11. Make an appointment to return in _____ weeks / days / months.