

SEPTOPLASTY AFTER CARE INSTRUCTIONS

1. Make plans to be off work for about 1-2 weeks after surgery.
2. Sleep with your head raised, either in a chair or on pillows, for a couple of nights.

You will have a nasal pack that is to remain in until you see the surgeon.

You will have a dressing or splint on your nose.

3. Change the ice packs every 10-20 minutes. Use the icepack for 24-48 hours after your surgery.
4. Wear loose fitting clothing for a few days. Choose tops that don't need to be pulled over your head.
5. Do not blow your nose until your doctor says you can do so.
6. Sneeze with your mouth open.
7. Shower, but keep our nose dry. Take care to keep your nose dry when washing your hair.
8. Plan for rest, but also move around the house as much as you can. You can resume your normal routine when you feel ready.
9. Do not do any strenuous exercise.
10. Do not lift anything over 10 pounds until after your first clinic visit.
11. Expect areas of bruising at our incision site.
12. Do not drive while you are taking narcotic pain medicine.
13. Plan to visit your surgeon in 3-5 days and in one week from the date of your surgery.

WHENTOCALLYOURDOCTOR

1. Fever over 100.5 degrees F for 2 readings taken 4 hours apart.
2. Excess swelling.
3. Bleeding or pus from incision.
4. Increase in pain.