



SEPTOPLASTY POST OP INSTRUCTIONS

What to expect after surgery:

Nasal packing and/or internal splints may be necessary. Nasal packing is usually removed within 48 hours. Splints will be removed in the clinic after about a week. You will be notified if packing or splints were placed. Swelling varies from person to person, but is more pronounced the first three days after surgery, generally under the eyes and above the lips.

You may have a deep, bruised feeling around the facial area, a stiff upper lip, and numbness at the tip of the nose, or some thick blood-tinged mucous draining from the nose. This will eventually subside.

Nasal congestion is a sign of internal nose swelling and is normal for some time following surgery. It may take two or three weeks before adequate nasal breathing is restored.

POST-OPERATIVE INSTRUCTIONS:

There are several things you must do in order to speed your recovery and have the best possible results from your surgery:

1. Stay upright, sitting or standing as much as possible. This will help to reduce the swelling.
Try to sleep with your head elevated during the first 2 days.
2. Avoid bending over or heavy lifting for one week.
3. Avoid sneezing for the first three days. If you must sneeze, open your mouth when doing so, like a cough.
4. Do not blow your nose for one week. Instead, you may sniff inward to remove secretions.
5. Avoid strenuous activity and heavy lifting (more than 25 pounds) for 2 weeks after surgery.
6. I recommend a salt-water nasal spray to use every 2 hours to relieve the congestion and help clear nasal secretions and debris. *See the NASAL SALINE IRRIGATION sheet.*



7. Nasal bleeding is common after this surgery. If bleeding occurs, place ice packs on the top of the nose and use Afrin Nasal Spray (2 puffs in each nostril three times a day, **for three days only!**)

You should be able to return to work or school about a week after surgery.