Septoplasty
Self-care and what to expect after your operation

Activity
- We encourage you to do your normal activities after your surgery, such as walking or moving about the house or office.
- Keep your head elevated as much as possible. For the first 2 nights after your surgery, put several pillows under your head, or sleep in a recliner chair if that is more comfortable.
- Avoid strenuous activity, including aerobics, heavy lifting, pushing, or pulling.
- Avoid blowing your nose for 2 weeks after surgery. Sneeze with your mouth open to relieve pressure.

Eating
- You may eat your normal foods.

Nasal Care
- You may have some oozing from your nose for the first 48 hours.
- Place a rolled-up gauze bandage under your nose. Change it as needed.
- Your nasal splints will stay in place for the next 7 days.
- To help remove debris and lessen crusting and dryness:
  - Use saline nasal spray in each nostril 6 to 10 times a day.
  - Try using a bedside humidifier.
- Gently clean each nostril 2 times a day. Use the tip of a cotton swab (Q-tip) soaked in hydrogen peroxide.
- After cleaning, apply a small amount of antibiotic ointment (such as Bacitracin, Polysporin, or Bactorban) to the outermost part of each nostril to prevent dryness.
Managing Pain

- Facial discomfort is usually caused by pressure from the splints.
- You may only need the prescription pain medicine for the first 24 to 48 hours after surgery. Take this medicine exactly as prescribed.
- You can also take acetaminophen (Tylenol) for pain. Alternate this with the prescription pain medicine.
- Avoid aspirin, or products that contain aspirin products (such as Alka Seltzer), ibuprofen (Advil, Motrin), and other anti-inflammatories for 1 week.
- Pain medicine can cause constipation. To prevent constipation, take stool softeners (you can buy these at a drugstore without a prescription) and drink plenty of fluids.

When to Call Your Doctor

Call your doctor if you have:

- Fever higher than 100°F (37.8°C)
- Pain that is not controlled by your pain medicine
- Bright red bleeding that will not stop
- Signs of infection at your incision such as redness, swelling, warmth, or foul-smelling drainage
- Problems with the pain medicine, such as nausea and vomiting, rash or itching, or difficulty passing urine

Call 9-1-1 right away or go to the emergency room if you have severe reactions to your medicines such as:

- Difficulty breathing
- Hives
- A lot of bleeding

Follow-Up Visit

Your follow-up visit for splint removal will be about 1 week after your surgery. Your appointment is:

Date: _________________________ Time: ___________________