



POST-OPERATIVE CARE

SEPTOPLASTY

These are the specific instructions for your septoplasty. Please read them together with your General Post-Operative Instructions, which apply after every surgery. If you have questions, call the office at (410) 266-7120.

Caring for the Area & Daily Activity

- ◆ You may shower and gently wash your face and hair on Day 2.
- ◆ Apply ice packs to the cheeks and under the eyes for the first 3–4 days.
- ◆ Do not blow your nose; if you must sneeze, do so with your mouth open.
- ◆ Expect nasal congestion and light drainage for several days; use saline spray as directed.
- ◆ Sleep with your head elevated.
- ◆ Apply cold compresses to nose as tolerated for the first 48 hours.
- ◆ Keep head elevated about 30 degrees for the first week.

You can expect:

- ◆ Congestion, drainage, and crusting inside the nose for 1–2 weeks.
- ◆ Temporary changes in your sense of smell.
- ◆ Scabbing inside the nose as it heals.
- ◆ Initial nasal drainage for about 4 hours. Change "drip pad" gauzes under your nose as needed. Do not make these bandages tight.
- ◆ Cotton in the nose, which will be removed the morning after surgery.
- ◆ Moderate discomfort, which should be relieved with the pain medications.
- ◆ Bruising around the eyes, which will become more noticeable over the first week.
- ◆ Possible blood-shot eyes.

Call the office if you experience:

- ◆ Severe pain not responding to the medications.
- ◆ A fever.
- ◆ Call the office if you have any questions.

As time goes by and you are healing, the following guidelines apply:

- ◆ If you happen to sneeze, do so with your mouth wide open.