

SEPTAL SURGERY INSTRUCTIONS

1. Stay quiet with your head elevated at 45 degrees day and night for 2-3 days after surgery.
2. Do not smoke, eat hot or spicy foods, or have any hot drinks or alcohol for 1 week.
3. Do not take aspirin or aspirin products 7 days prior and 14 days after surgery.
4. A certain amount of blood and/or blood tinged mucous is expected for several days. Change your dripper pad as necessary. Splints will be in place approximately _____ days.
5. A small degree of swelling of the external nose or the upper lip is expected. Apply a light ice pack (crushed ice in a baggie) to reduce the swelling.
6. Breathe through your mouth. Do not dislodge nasal splints unless instructed to do so. Apply Vaseline to your lips if they get dry.
7. Take Tylenol or the prescription you have been given for pain.
8. Have a soft or liquid diet until you are over any nausea.
9. While splints are in place or after they are removed, clean the nostrils with a Q-tip and peroxide or nasal saline and apply Vaseline, Neosporin, Bacitracin, and/or triple antibiotic ointment 2-3times/day.
10. Do not blow or wipe your nose. Sneeze with mouth open. You may dab at the nostrils gently with a Kleenex.
11. You should not swim for at least two weeks; no scuba diving for at least two months.
12. Be sure to rest for the first 5-7 days as much as possible.
13. Avoid any bending and lifting more than 20 lbs. for the first week.
14. Report to the office:
 - a. Excessive pain and/or swelling
 - b. Temperature over 101°
 - c. Any injury to your nose
 - d. Excessive bleeding
15. Make a follow-up appointment to see your physician _____ days after your surgery.
16. You may use nasal decongestant spray _____ times per day for 3 days only.
17. Spray nasal saline 3-4 times per day until follow-up appointment or as needed. Frequent saline use will accelerate your healing and improve your nasal breathing.
18. No omega oil for two weeks after surgery.