

Septoplasty: Postoperative Instructions

POSTOPERATIVE INSTRUCTIONS FOR SEPTOPLASTY

- Monitor temperature three times a day, notify the physician if persistent fever above 101degrees F is noted.
- Physical activity should be kept to a minimum. Climbing stairs, bending down or lifting anything that weighs over five pounds is not recommended during the first week following surgery.
- It is normal to have persistent stuffiness of the nose with associated discomfort. This may last for up to three weeks and restoration of breathing occurs gradually thereafter.
- Change the dressing (moustache dressing) as often as needed. Use only hypoallergenic tapes.
- Take prescribed medications as instructed. Notify the physician immediately if any side effects to antibiotics or pain medications occur.
- Use of nasal saline irrigations (Ocean, Salinex, or others) several times a day is recommended. In addition, nasal sprays such as Neosynephrine or Afrin may be helpful in the first three to five days for reducing intranasal swelling.
- Keep the head elevated.
- Use ice packs to the face in case of bleeding or oozing from the nose.
- Do not take any compounds containing aspirin.