



### **Post-Operative Instructions for Septoplasty**

1. You may have splints or packing in each nostril of your nose. If you have splints, they will be sutured into place. **DO NOT** try to remove these on your own. Nasal splints or packing will be removed by your physician during your first post-op appointment, usually within 5-7 days.
2. **DO NOT BLOW YOUR NOSE!** Blowing your nose may increase your chances of post-op bleeding.
3. If you must sneeze, do so through your mouth with your mouth open. This will reduce pressure and discomfort of the operative site.
4. Nasal discharge is expected following surgery. Drainage may be red tinged in color. Some spotting of bright red is normal. If you experience a heavy flow of bright red blood, please call your physician.
5. Crusting in and around the nose, nasal congestion and difficulty breathing through your nose is normal. Many patients will also experience sinus and nasal pressure, tooth numbness and pressure in the ears and behind the eyes as well as the upper lip. This is usually temporary and will improve after the nasal splints are removed. If you notice vision problems, such as blurred vision, double vision or loss of vision, please contact your physician immediately.
6. You may gently clean around the nose as needed. **DO NOT** insert anything into the nasal passages because this may tamper with the nasal splints and cause irritation.
7. If instructed by your physician, you may use over-the-counter saline nasal spray, for example, Ocean Nasal Spray. Use one to two sprays in each nostril as needed for nasal dryness and crusting. Allow the spray to run from your nose freely. Do not blow your nose. You may wipe your nose gently as needed.
8. No bending, heavy lifting (over 5 pounds), strenuous activity or swimming for one to two weeks following your surgery.
9. Keep your head elevated at all times. This position will help decrease swelling and allow for better drainage of nasal discharge.
10. Please contact your physician if you experience any neck stiffness, are unable to reach your chin to your chest or have limited range of motion with your head.
11. Low grade fevers are normal. Please contact your physician if you have a temperature above 102 degrees orally.