

SEPTOPLASTY– Post-Operative Care Instructions

WHAT TO EXPECT

It is normal to have:

- Nausea, vomiting or fatigue from the anesthesia, but should resolve within 12-24 hours
- Mild, bloody nasal drainage and pain for 2-3 days post surgery and nasal crusting thereafter
- Low grade fever (between 99 and 101°F) for a few days after surgery
- The feeling that there is a foreign substance or packing in the nose after stents have been removed

Please call our office if the patient develops:

- Heavy bleeding or significant pain
 - Fever over 101.5°F
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PRECAUTIONS AND DIET/FLUIDS

- Patient should not blow the nose for one (1) month post-surgery and instead, should wipe the nose carefully,
 - To sneeze, patient should open the mouth and sneeze through the mouth
 - Drinking fluids (4-6 cups per day) is very important to reduce pain and promote healing.
 - Patient should be able to tolerate a clear liquid diet immediately after surgery, and should gradually resume normal diet
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MEDICATIONS AND APPLICATIONS

- Tylenol® may be given as directed on the package every 6 hours as needed for pain
 - Once nasal drainage ends and there is nasal crusting, Saline Mist and Bacitracin should be gently applied to the nose, as needed.
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FOLLOW-UP CARE

Please schedule **two** post-operative appointments:

- 1) **one week after surgery** to remove stents
 - 2) **three months after surgery** for normal post-operative care
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QUESTIONS?

Please call our office at **(201) 996-9200** with any concerns. We are honored to be part of your child's care.