

ENT Institute of NJ

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SEPTOPLASTY POST-OPERATIVE INSTRUCTIONS

WHAT TO EXPECT

- Some patients experience nasal discomfort and pain after surgery. Nausea, vomiting and/or fatigue may be experienced from the anesthesia, but should resolve within 12 to 24 hours.
- There may be mild, bloody nasal drainage for 2-3 days post surgery. If bleeding is very heavy or persists, please call our office 201-996-9200.
- Once nasal drainage ends and there is nasal crusting, please start applying saline drops and Bacitracin to the nose. This will keep the nasal area free of crusting and infection. .

MEDICATION

- Tylenol® may be used for pain according to package directions every 4 hours as needed.

ACTIVITY

- Patient should rest at home for up to two days after surgery.
- Vigorous exercise, physical activity and gym attendance should be avoided for four weeks. After that, the patient may gradually resume normal activities.

SNEEZING AND BLOWING NOSE

- Patient should not blow their nose for four weeks after surgery and should wipe their nose carefully, instead. To sneeze, patient should open their mouth and sneeze through the mouth

DIET AND/OR FEVER

- Drinking fluids 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 a normal diet as soon as he/she feels ready.
- A low-grade fever (between 99-101 F) may develop after surgery and may be worsened by a poor fluid intake

POST-OPERATIVE VISITS

- Please schedule **two** post-operative appointments:
 - 1) **one week after surgery** to remove stents
 - 2) **three months after surgery** for normal post-operative care