

POST-OPERATIVE INSTRUCTIONS:

Post-Septoplasty

1. Do not blow your nose for five (5) days. After five (5) days, you may gently blow one (1) nostril at a time.
2. Tylenol® may be taken for discomfort. Avoid medicines such as motrin®, aspirin, plavix®, coumadin®, or vitamin E. They will increase the risk of bleeding following surgery.
3. Apply Neosporin® to both inner nostrils as instructed by your physician, three times daily beginning after packing is removed.
4. Slight oozing or drainage from the nose is normal. Expect to change a gauze taped in front of the nose up to once every hour after surgery. The bleeding will steadily decrease over the next few days. **If you notice any heavy bleeding from the nose, call your Doctor's office or go to the Emergency Room.**
5. You may follow your usual diet, but do not drink alcohol unless discussed with your physician.
6. Do not lift or strain or engage in exercise for one week.
7. You may take a *lukewarm* shower; avoid heat or cold.
8. Preferably, you should not smoke.
9. Do not return to work until you physician instructs you to do so.
10. Call for a Doctor's appointment.

If you have any concerns not covered here or by your surgeon, please contact the office. After office hours the telephone answering machine will instruct you as to how to contact the physician on call.

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