



Nasal Septal Surgery (Septoplasty) Instructions

Postoperative period

- **Pain** is normal after nasal surgery, and is usually well-controlled with medication. You should keep your head elevated to keep swelling and pain to a minimum. Please avoid non-steroidal anti-inflammatory medications / NSAIDs (ex. Ibuprofen, Motrin, Advil, Aleve, etc.) and aspirin for 2 weeks after surgery, as these can increase bleeding.
- **Stuffiness** is to be expected due to swelling in the nose from surgery, presence of packing or splints in the nose, and increase in nasal secretions due to inflammation from surgery. This will improve with time.
- **Nasal bleeding** may occur for 2-3 days after surgery. Keeping the head elevated by propping up on pillows or sitting in a recliner can help keep bleeding to a minimum. Change gauze drip pads as needed. If excessive bleeding occurs, you may use Afrin® nasal spray to constrict the blood vessels. DO NOT continue the Afrin® spray for more than 3 days, unless instructed by your surgeon.

Activity

You will need to rest (off work or school) for 1 week after surgery. No vigorous activity should be performed for 2 weeks.

Diet

Eat a bland, light diet for about 24 hours after your surgery. After that, a regular diet may usually be resumed. Nausea experienced after taking pain medications can worsen if they are taken on an empty stomach. It is preferable to take prescription pain medications with small amounts of food.

Wound care

- **Packing and/or splints** may be placed in the nose by your surgeon. These will be removed by your surgeon in the office.
- **You may clean any crusted blood from around the nostrils gently** with hydrogen peroxide mixed with water on a Q-tip.
- After surgery, or after nasal pack removal, **use saline spray in the nose frequently** (at least 5 times daily). Nasal saline spray can be purchased without a prescription, and examples include: Ocean Spray®, Ayr® Saline Nasal Mist, and generic equivalents.
- **Avoid blowing the nose for at least 48 hours** after surgery, and **sneeze with your mouth open** to keep pressure off of the nose, which can increase bleeding and pain.

Medication

It is important to fill all prescriptions written by your surgeon. These usually include a pain reliever and antibiotic. Please do not drive, operate machinery, or drink alcohol within at least 8 hours of taking prescription pain medications.

Follow-up appointments are usually planned for one week after surgery, but you may be asked to return sooner if any packing needs to be removed. Call the office to schedule your appointment, or with any questions.