

Post-Op General Instruction for Septoplasty and/or Endoscopic Sinus

After Surgery:

- Take medicine as prescribed after leaving the hospital. These medications will help resolve the swelling.
NO ASPIRIN OR ASPIRIN PRODUCTS!
- Elevate the head of your bed 30 to 40 degrees when sleeping or napping for seven to ten days.
- Change dressing under nose as needed. Expect mild bloody mucous drainage for 48 to 72 hours.
- Use light ice bags (Ziplock bags with five or six cubes) for 24 to 48 hours.
- Do not lift heavy weights for at least two weeks. Avoid bending head downward.
- **Irrigate** your nose gently four times daily with saline spray. Begin one day after surgery. (Example- Ocean Mist). Your doctor may or may not prescribe an antibiotic ointment to be used in each nostril three times a day, i.e. Neosporin, Bacitracin. Follow your doctor's instructions.
- Do not strike, bump, squeeze, or move your nose!
- Do not blow your nose for the first four days. Following this, you may blow it but with both sides open at the same time. After two weeks, you may blow the nose normally.
- Any secretions from the nose during the first few days should be blotted off with tissues and not wiped away. Avoid hard sniffing.
- There is no danger in gently cleaning the outside of the nose or in the use of cosmetics.
- Please call for an appointment for one week after surgery. Then you should schedule follow-up visits as directed by your physician.