

SEPTOPLASTY

POST-OPERATIVE PATIENT INSTRUCTIONS

General Instructions:

- Please contact your doctor for any serious change in your symptoms, or any new symptoms that concern you.
- Sleep with your head elevated on pillows or on an incline to help with swelling.
- You may use soft, cool compresses around your eyes for comfort, but do not place them on the nose itself. Do not apply ice or frozen products directly to skin as this may cause skin injury. They should be placed over the eyes and forehead. A recommended technique is placing 4x4 gauze into glass of cold water. Then, place a separate piece of gauze over each eye. Apply for 20 minutes on and then 20 minutes off. You may do this as often as able in the first 2-3 days after surgery.
- Do not drive or operate heavy machinery while taking any narcotic pain medication.
- No strenuous activity for 6 weeks. No running, biking, lifting weights, contact sports, swimming, golfing, etc. However, walking at least 6 times a day is recommended for general well-being and prevention of blood clots. You may need assistance when walking at first to prevent falls.
- Eat a Soft Diet for 2 weeks. Drink water to stay hydrated.



COOL COMPRESS



Medication Instructions:

- Take medications as prescribed.
- You may develop constipation when taking narcotic pain medications. You should continue drinking plenty of fluids. You may take over the counter stool softeners.
- Over the counter Tylenol is recommended as the primary pain relief medication as needed. Opioids can be used for breakthrough pain and should be weaned in the first week after surgery. Some patients only require Tylenol, but every patient is different. Complying with the general post-operative instructions will help with pain control as well.
- No more than 3 grams of Tylenol should be taken in a 24-hour period.
- Please check the label on your bottle to remain aware of dosages.

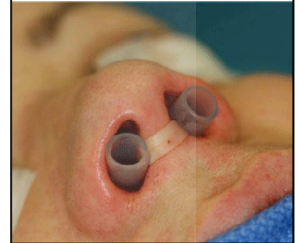
DRIP GAUZE PAD: change as needed



Wound Care and Dressings:

- You may take a bath or shower 48-72 hours after surgery.
- You may change the external gauze drip pad dressing (collects nasal drainage/blood) under your nostrils as needed.
- You have a clear plastic splint inside of each nostril (often referred to as "Internal Nasal Splints" or "Doyle Splints"). There is a suture securing them in place. Leave these splints in place until your follow up visit.

INTERNAL SPLINTS: do NOT remove



Sinus Precautions: Continue for 6 weeks after surgery.

- Do not blow your nose, even though you feel "stuffy" or there may be some nasal drainage.
- Try not to sneeze; it will cause undesired sinus pressure. If you must sneeze, keep your mouth open.
- Do not smoke.
- Do not use straws.
- Do not lift items over 3 lbs.
- Avoid constipation ("bearing down for bowel movements").

Return to the ER if:

- If you are unable to keep fluids or medications down due to vomiting.
- If you have shaking chills, fever greater than 101.5 (F) degrees or 38 (C) degrees, increased redness, bleeding more than a few drops, chest pain, shortness of breath, or anything else that is troubling you. You may call the office for the on-call physician with any questions, at any hour.

Follow up:

- Your first clinic follow-up after surgery will be within 1-2 weeks after surgery. If you do not have an appointment scheduled, please call the clinic to schedule an appointment.
- The dressings will be removed in the clinic.
- The Plastic Surgery Clinic phone number is: 617-632-7827