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Endoscopic Sinus Surgery
Cutaneous Oncology Surgery
Head and Neck Surgery

Digital Hearing Aid Sales & Service
Audiologic Testing
Otologic Surgery

DISCHARGE INSTRUCTIONS FOR SEPTOPLASTY

- Do not blow your nose. Sniffing gently is acceptable
- Do not bend over from your waist.
- Do not lift any object heavier than ten pounds.
- Do not engage in any strenuous activity.
- Do not drive for the first three to five days.
- Do not allow any external tape to become wet.
- Do not attempt to remove any crust from the nose.
- If you sneeze, do so with your mouth open.
- You may wish to elevate your head on one to two pillows.
- You will need to change the nasal drip pad several times during the first few days. Do not be alarmed if the pad is tinged with blood
- On the day after surgery, gently spray nasal saline (Ocean, Nasal, Ayr, etc.) into your nose: two squirts each side five to ten times per day.

REMEMBER TO TAKE YOUR ANTIBIOTICS AS PRESCRIBED.

REMEMBER YOUR FIRST POSTOPERATIVE RETURN APPOINTMENT TO THE OFFICE.

FOR THE SECOND WEEK AFTER YOUR SURGERY:

- You may increase your level of activity but no strenuous events.
- You may lift up to twenty-five pounds.
- Blow your nose only if so instructed by your physician.

REMEMBER YOUR SECOND POSTOPERATIVE RETURN TO THE OFFICE.

AT ANY TIME AFTER YOUR SURGERY:

- Do not drive or operate any hazardous equipment within six hours of taking prescription pain reliever.
- In any bleeding should occur, sit in an upright position and squeeze the soft part of your nose for ten minutes.
- If the bleeding persists for longer than ten minutes please notify us by calling the office number (434-2255).
- If you have any other problems or questions, please notify us by calling the office number.
- Smoking will delay healing. If you must smoke, you must use the nasal saline spray more frequently.
- Using a room humidifier will be of benefit.

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