

Eastern Carolina ENT Associates, PA
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Septoplasty General Instructions

1. Nose may be swollen for 2-3 weeks or longer.
2. Avoid striking or bumping nose or rolling on it while sleeping.
3. Do not blow nose for three weeks.
4. Sneeze with mouth open.
5. Eat a soft diet for one week. No hard chewing. No alcoholic beverages for two weeks.
6. Nostrils may be cleaned around the outside only with applicators and vaseline.
7. Skin of nose should be cleaned gently, but thoroughly, with any mild soap as soon as the tape is removed.
8. Lukewarm showers or tub baths for one week.
9. Brush teeth very gently or use mouth wash.
10. Rest for first week. No excessive talking or activity and very little smiling.
11. Eat before coming into the office for post-operative visits.
12. Avoid bending over or lifting anything heavy for four weeks. It can aggravate the swelling or cause bleeding.
13. Until all dressings have been removed, sleep with the head of the bed elevated. The best way to accomplish this is to use two or three pillows.
14. You can expect blood tinged drainage from the nose for several days.
15. Do not attempt to remove packing from inside the nose.

16. Do not attempt to remove the hardened crusts from within the nostrils. Use a bland ointment(i.e., Vaseline) to lubricate them.

17. Your nose will be stuffy for a while after packing is removed.

18. Report to the office:

- Any excessive pain
- Any rise in temperature over 100 degrees
- Any excessive bleeding
- Any injury to your nose