
Septoplasty Post-op Instructions

ENT of Athens

- Change the drip pad as necessary. Excessively dabbing the nose will worsen soreness and pain.
- Do not swallow drainage as it may increase nausea. Spit it out.
- Applying an ice pack to the nose may help control bleeding and pain.
- Sleep with head elevated on 2 pillows for several nights, or until the drainage stops. This may make breathing easier.
- Avoid leaning over excessively.
- While splints are in, do NOT attempt to blow your nose or sniff.
- Sneeze with your mouth open.
- Use nasal saline at least 4 times daily. You may also bulb suction the nostrils.
- Clean the nostrils with hydrogen peroxide on a q-tip for crusting or scabbing.
- Apply Vaseline or Aquaphor ointment to the inside of the nostrils with a q-tip twice daily.
- You may have dark red-brown emesis the first day after surgery. Call your physician if it becomes bright red or is excessive.
- No strenuous activity until cleared by your physician. Exertion increases the risks of bleeding.
- You may resume your regular diet after surgery. Keep the first meal light in case of nausea after anesthesia.
- Headaches and decreased sense of smell and taste are common after surgery. These symptoms should resolve within a couple of weeks.
- Call ENT of Athens office if you saturate more than 4 drip pads in an hour or if the bleeding is bright red. This is excessive bleeding and may need to be evaluated by your physician.
- Call ENT of Athens for any questions or concerns at 706-546-7908.

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