**Septoplasty**

**What to Do After Surgery:**

* No nose blowing and sneeze with an open mouth for the first 3 weeks after surgery. Nose blowing may induce trauma and poor healing.
* Bloody drainage is normal for the first 3-5 days. You may have to change your nasal gauze pad several times a day. Drainage will gradually slow down
* Take your medications as prescribed
* Start nasal saline irrigations (NeilMed Sinus Rinse Kit) the day after surgery. Perform 3 times a day for the first week, then two times daily thereafter for the next 1-3 months.
* Do not take aspirin, blood thinners, or anti-inflammatory medications (ie. Ibuprofen) for 2 weeks before and two weeks after surgery. Also, avoid herbal medications. Tylenol is OK.
* Avoid bending, heavy lifting > 15 lbs, and strenuous activity for 2 weeks.
* Try to avoid external injury to nose (pets, small children).
* Keep your head elevated on two pillows for the first week.
* Avoid smoke and other substances, which might irritate the nose.
* Try to avoid hot and spicy foods. These may increase nasal blood flow and nasal oozing/bleeding.
* For dryness in the nose, place a small amount of Vaseline in each nostril twice a day.
* Any stents placed during surgery will be removed on the first follow-up appointment. Avoid manipulating any sutures you may feel or see in the nose.

**When to Call:**

* Heavy bleeding from the nose
* Fever greater than 101ºF or chills
* Severe pain not responding to prescribed medications
* Any vision changes: if your eyes become very swollen, double vision or loss of vision.