

Postoperative Instructions – Septoplasty, Nasal, & Sinus Surgery

Maximize your results after deviated septum, nasal & sinus surgery by following these basic post-treatment instructions. Please contact Dr. Chaboki with any questions.

General

- Change the nasal drip pad as needed. Some bleeding and mucous is normally expected out the front, or draining down the back of the nose.
- Numbness in the cheek, lips, nose, and teeth is common
- No smoking or alcohol
- No aspirin, ibuprofen, Motrin, Advil, or similar anti-inflammatory medication
 - Other blood thinners, such as Coumadin or Plavix, must also be discontinued, under the guidance of your primary care physician. Dr. Chaboki will advise you when you may resume taking these medications, which may be a few days
- No herbal medications, supplements, or teas.
 - Herbals with an increased risk of bleeding include, but are not limited to Vitamin E, garlic, ginger, ginkgo, ginseng, kava, and St. John's Wort

Diet

- Advance slowly from liquids to soft, then solid foods after anesthesia. No restrictions on specific type of food or drink.
- Drink plenty of fluids
- No gum chewing

Activity

- Sleep with your head elevated for the first week, to help reduce nasal swelling
- Do NOT rub your nose, or put any pressure on the nose
- Do NOT blow nose
- Avoid sneezing. If unable to avoid sneezing, then sneeze with your mouth open
- Do NOT bend over or hang your head down
- No heavy lifting, straining, or strenuous activity for at least 2 weeks

Hygiene

- Gently wash entrance of each nostril with full strength hydrogen peroxide on cotton-tip applicator three times a day, only for the first 2 days after surgery
- Place *Bactroban* ointment via a cotton-tip applicator in your nose three times a day
- Rinse both sides of your nose with normal saline (salt) solution at least three times daily
- Do NOT use any allergy nasal sprays until advised by Dr. Chaboki
- If you've had oral incisions, rinse your mouth after every meal with 50-50 mix of water-hydrogen peroxide

Houtan Chaboki, MD
Facial Plastic and Reconstructive Surgeon
www.potomacplasticsurgery.com

2021 K Street, NW, Suite 206
Washington, DC 20006
202.741.3409

Specializing in rhinoplasty (nose job surgery), face lift, neck lift, blepharoplasty (eyelid surgery), brow lift, Botox, facial fillers, and skin care for Washington DC, Maryland, and northern Virginia.