

# Postoperative Instructions – Septoplasty, Nasal, and Sinus Surgery

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

## General

- Change the nasal drip pad as needed. Some bleeding and mucous is normally expected out the front of the nose or draining down the back of the throat.
- Numbness in the cheek, lips, nose, and teeth is common. Nasal congestion & facial pressure is common.
- No smoking or alcohol
- No aspirin, ibuprofen, Motrin, Advil, or similar anti-inflammatory medication. You will be advised you when you may resume taking these medications.
  - Other blood thinners, such as Coumadin or Plavix, must also be discontinued, under the guidance of your primary care physician.
- No herbal medications, supplements, or teas.
  - Increased risk of bleeding include, but are not limited to Vitamin E, garlic, ginger, ginkgo, ginseng, kava, and St. John's Wort, fish oil, and green tea
  - Arnica montana herbal *tablet* may help reduce bruising and swelling

## 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. You may use a straw.
- Do not chew gum.

## 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. You may, however, sniff into the 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, strenuous activity, or sex for at least 2 weeks.
- No contact sports for 6 weeks.

## Hygiene

- Keep clean ice-packs, wrapped in a clean cloth, over the cheeks or forehead for the first 48 hours. Use ice every hour while awake to help reduce swelling.
- Do NOT put pressure on the nose.
- Rinse both nostrils with normal saline (salt) solution three times daily for 1 month.
- Place *Bactroban* (ie. mupirocin) ointment via a cotton-tip applicator in your nose three times daily for 1 month. Use ointment anytime your nose feels dry.
- Do NOT use any allergy nasal sprays until advised