

Postoperative Septoplasty Instructions

Dr. Healy - Dr. Keele - Dr. Tubbs - Dr. Ramsey

Contact Information:

- **Glacier Ear Nose and Throat - (406) 752-8330**
 - 9am to 5pm, Monday-Friday
 - After 5 pm and weekends, an "on call" provider is available.
- **The HealthCenter - (406) 751-7550**

When should I call my doctor?

- If I am worried, my doctor is worried! I will call my doctor's office.
- If I have signs of an infection, like a fever above 101.5 degrees or redness and swelling around my incisions, I will call my doctor.
- If I am short of breath, have pain, swelling or cramping in my legs or have chest pain with no activity, I will call my doctor's office.

What should I expect after surgery?

- It is normal to have some draining and bleeding from my nose.
- I will have some swelling and bruising on my face and nose.

When will I see my doctor?

- I need to have a follow-up appointment with my doctor in 1 week after surgery.

What about my pain?

- I will have some discomfort.
- I will use ice on my face and nose to help my swelling and pain.
- I may use over the counter Ibuprofen or Tylenol.
 - I may be given a prescription for narcotic pain medication if Ibuprofen and Tylenol is not enough.
 - I will not take extra Tylenol if I am taking Norco, Lortab or Percocet because they have Tylenol in it.
 - I will not drive if I am taking narcotic pain medication.
 - Narcotic pain medication may cause constipation. I will drink extra fluids and I may need a stool softener.
- I will follow pain medication instructions given by my nurse or pharmacist.

How do I care for my surgical site?

- The morning after surgery, I may use over the counter nasal saline, like Ocean Spray, 3 times per day for 2-3 days to soften crusting in my nose.
- I can use over the counter Afrin nasal spray for congestion or bleeding.
- The morning after surgery, I will irrigate each side of my nose and sinuses at least 4 times per day, and more if I can.
 - I may use a Neti Pot, spray bottle or bulb syringe with saline (salt water) to do this.
 - This will help soften blood clots in my nose and prevent scarring.
 - This will help healing and help my breathing to be easier.
 - This will help my next doctor's appointment to be more comfortable.
- I will most likely have Doyle splints in my nose.
 - They are uncomfortable and will cause severe nasal congestion.
 - My splints will be removed in about 1 week and then I will breathe normal.

What about activity?

- I will NOT bend, lift or strain or blow my nose.
- I will sleep with my head elevated on pillows or in a recliner for 2 - 3 days after surgery.
- If I need to cough or sneeze, I will be sure my mouth is open.
 - I will not try to hold back a cough or sneeze. This may lead to a bad nose bleed.

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