

**THE HILINSKI CLINIC
OF FACIAL PLASTIC SURGERY**

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GUIDELINES FOLLOWING SEPTOPLASTY

- During the first 24-48 hours following surgery, we recommend that a friend or family member remain with you to assist with your needs.
- Change the drip pad below the nostrils as needed. Of note, a slight amount of bleeding and/or oozing is normal during the first 2-3 days.
- On the day of surgery begin spraying saline solution (over-the-counter) into both nostrils five (5) times throughout the day.
- Use of a cold compress blanketed over the nose might help decrease pain and bleeding. Continuous application as much as tolerated is recommended for the first three days of healing.
- Sleep with the head elevated 20-30 degrees. Use a travel pillow or place pillows on both sides of the head to avoid accidentally turning over on your nose.
- Do NOT blow your nose. If you sneeze, open your mouth to divert the airflow away from the nose.
- Start with a liquid or soft diet during the first 1-3 days and transition to a normal diet thereafter.
- Begin taking the pain medication and antibiotics as directed. Continue taking Arnica as directed for another week after surgery. Continue to refrain from using any medication on the restricted medication list.
- Confirm a follow-up appointment with Dr. Hilinski's office.
- Call our office in the meantime if you have any additional questions or concerns.
- In case of an emergency, call 911 for immediate assistance.