

GUIDELINES FOR SEPTOPLASTY

During the first 24-48 hours following surgery, you must have a responsible adult remain with you to assist with your needs.

Following surgery, begin spraying saline solution (over-the-counter) into each nostril five (5) times per day to rinse the inside of the nose and keep it from drying out or scabbing. You will continue this routine for at least several weeks after surgery.

Do NOT blow your nose – especially after the rinsing routine noted above. If you sneeze, open your mouth to divert the airflow away from the nose.

Avoid any pressure on the nose.

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.

Showering from the shoulders down is fine.

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.

Start with a liquid or soft diet during the first 1-3 days and transition to a normal diet thereafter.

Avoid any strenuous and/or vigorous activity until cleared by Dr. Hilinski.

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.

I ACKNOWLEDGE UNDERSTANDING OF THE ABOVE _____ (PATIENT SIGNATURE)