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Post-Operative Instructions for Septoplasty/Rhinoplasty

1. For the first few days after surgery, you should keep your activity at a minimum, and gradually increase the activity over the next four to six weeks.
2. Expect a bloody tinged discharge from your nose for several days after surgery. Please use a “drip pad” under the nose to collect any drainage. You can make a “drip pad” by folding a 2x2 piece of gauze and taping it under the nose.
3. Your nose may be packed after surgery. This is removed in the office several days after surgery. Please call the office to arrange for that appointment.
Once the packing has been removed, **do not blow the nose for ten days**. You should use a saline spray in the nose for several weeks. **If you develop post-operative bleeding**, spray the nose with **afirin (oxymetazoline)**, pinch or apply direct pressure to the nose, lay down and remain quiet. The bleeding should stop. If it does not, call the office and arrange for an emergency consultation.
4. Expect some swelling and bruising after surgery. The amount of swelling and bruising depends upon the nature of the surgical procedure. **Some individuals swell more than others**. I encourage the use of “ice packs.” (You can also use 4x4 pieces of gauze soaked in an ice water solution) to minimize the swelling. Also elevating the head of your bed 45 degrees, helps to minimize swelling.
5. If you have a nasal cast on the nose, **“Do not remove the cast and keep it dry.”** If the cast prematurely dislodges, re-tape the cast, call the office and arrange for a follow-up appointment.
6. I encourage a liquid or semi soft diet for a few days after surgery. Your diet can be increased as tolerated.
7. Read and follow all the instructions on **your medication (including your pain medication)**.