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## **SEPTOPLASTY DISCHARGE INSTRUCTIONS**

### Activity:

- No exercise or strenuous activity for 10 days after surgery.
- No driving for 24 hours or while on pain medication.

### Bathing:

- Regular showering and bathing is allowed.

### Diet:

- No diet restrictions
- No alcohol for 24 hours or while on pain medication.

### Medication:

- Take pain medication and antibiotic (if needed) as directed.
- Tylenol extra strength may be used for minor pain, or supplement with pain pill for moderate pain.

### Special Instructions:

- Elevate the head of patient's bed 30 degrees at home.
- Gently clean inside nostrils using a Q-tip with hydrogen peroxide 4 times a day.
- Saline Nasal Spray every 1 – 2 hours to keep inside nasal passages clean.
- You may gently blow nose after 24 hours to help keep passages open and you may sniff inward to help clear secretions, unless packing is in place.
- Do not use Ibuprofen or aspirin until approved by your doctor.
- No medicated nasal spray use until seen by your surgeon or at least 7 – 10 days after surgery.

### When to Notify the Physician:

- If you see constant bright red blood from the nose or mouth that lasts more than 5 minutes.
- Fever above 101 degrees Fahrenheit that is not relieved by Tylenol.