

# Post-Operative Instructions: Septoplasty/Sinus

**DIET:** Maintaining good nutrition after surgery allows proper healing to take place. Start with liquids immediately after surgery. If liquids are well tolerated, progress gradually to a normal diet.

**ACTIVITY:** Sleeping/resting with your head slightly elevated the first 2–3 days after surgery helps reduce the amount of swelling that may occur. Two pillows usually provide the proper elevation. Try to avoid bending over, lifting, straining, coughing, blowing, or sneezing through the nose, if possible, during the first week after surgery. Also avoid using a straw.

- POST-OP CARE:**
1. Some oozing of blood is normal and expected during the first 1–2 days after surgery. The small gauze bandage placed under the nose collects this drainage and should be changed as it becomes saturated. If nasal packing is present, it is to be left inside the nose and will be removed during a follow-up visit as scheduled.
  2. Keep your nostrils and the area below them clean by gently cleansing with hydrogen peroxide and antibiotic ointment (Bacitracin, triple antibiotic ointment) and a Q-tip.
  3. Apply ice often during the first 48 hours. Packaged frozen peas make great ice packs! This will help control bleeding and swelling.
  4. You may have some nasal congestion, stuffiness, and a headache for up to 7–10 days following your surgery. You may also experience a sore throat. A room humidifier may help. If your headache is not controlled with pain medication, contact the office.
  5. A nasal stent may have been placed in your nose. The stent will be removed during your post-operative visit.
  6. Start humidifying your nose 1 day after your surgery using a saline bottle. Gently both sides of your nose twice daily, morning and night.

**Have a responsible adult remain with you for 24 hours after your surgery.**

**Do not drive a motor vehicle or operate dangerous equipment for 24 hours after an anesthetic or while you are taking narcotic pain medication.**

**WARNING SIGNS — Call the office promptly in case of any of the following via our 24-hour number at 858.755.9343:**

1. Significant change in vision or double vision
2. Eye pain or bruising/swelling around the eye area
3. Sustained fever over 101 degrees
4. Severe pain not relieved by prescribed pain medication
5. Persistent nausea and vomiting lasting 24 hours
6. Difficulty breathing
7. Abnormal or persistent bleeding

**Follow-Up Appointment:** \_\_\_\_\_

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## **Our Providers**

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