



DISCHARGE INSTRUCTIONS FOR SEPTOPLASTY

Diet	Resume regular diet as tolerated. Increase fluids to relieve dry throat from mouth breathing.
Activity	Avoid exercise and extremes in temperature for 2 weeks. Avoid bending and lifting as this can cause nose bleeds. Sleep with your head elevated for 3 days after surgery.
Medication	Take pain medication as prescribed or take 1-2 Acetaminophen tablets (i.e. Tylenol) every 4 hours as needed. DO NOT take ibuprofen (i.e. Motrin, Advil) or ASA compounds (i.e. Aspirin, Bayer) for 7 days. you may be sent home on oral antibiotics and/or sinus rinse. Use as directed.
Hygiene	Bathe as usual.
Dressing	A gauze pad and tape ('moustache dressing') will be placed under your nose. Change the moustache dressing as needed and remove when nasal drainage stops.
Social	Your surgeon will advise you when you may return to work/school and your routine activities.
Other	Do not clear or blow your nose for 5 days. Open your mouth when sneezing or coughing.
Special Instructions	<p><i>Dr. Lui's / Werger's patients: Use Salinex 2 sprays into each nostril least 6 times per day (can be used up to 20 times per day) until your follow-up appointment. A silastic stent will be removed at your post-op appointment</i></p> <p><i>Dr. Halik's patients: Apply Cortisporin ointment to nose gently with a Q-tip, 3 times a day, to prevent crusting.</i></p>
Follow-up	Arrange a follow-up appointment with your surgeon as instructed. Normally 1-2 weeks after your surgery.

CALL YOUR SURGEON DURING OFFICE HOURS OR GO TO THE NEAREST EMERGENCY DEPT. IF:

1. You have a temperature over 38.5C or 101.3F.
2. Your pain is unrelieved by your pain medication.
3. You have excessive drainage/bleeding that soaks through the moustache dressing in less than 1 hour.