



## DISCHARGE INSTRUCTIONS FOR SEPTOPLASTY

<b>Diet</b>	Resume regular diet as tolerated. Increase fluids to relieve dry throat from mouth breathing.
<b>Activity</b>	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.
<b>Medication</b>	Take pain medication as prescribed or take 1-2 Acetaminophen tablets (i.e. Tylenol) every 4 hours as needed. DO NOT take ASA compounds (i.e. Aspirin, Bayer) for 7 days. You may be sent home on oral antibiotics and/or sinus rinse. Use as directed.
<b>Hygiene</b>	Bathe as usual.
<b>Dressing</b>	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.
<b>Social</b>	Your surgeon will advise you when you may return to work/school and your routine activities.
<b>Other</b>	Do not clear or blow your nose for 5 days. Open your mouth when sneezing or coughing.
<b>Special Instructions</b>	<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>
<b>Follow-up</b>	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.**