

**ARKANSAS OTOLARYNGOLOGY CENTER  
POSTOPERATIVE INSTRUCTIONS FOR SEPTOPLASTY**

**Emergency – Call the Medical Exchange at 501-663-8400.**

**Important:** If you go home with nasal packs in place they must be removed within 24 hours of your surgery! Remove the packs by pulling the attached string from one side of the nose at a time. It is common to have some bleeding for a short time after the packs are removed.

1. Unless otherwise instructed, your first post-op appointment will be about 5-7 days after surgery. If splints were used during your surgery, they will be removed at this time. After the splints are removed, there is usually rapid decrease in the nasal stuffiness.
2. Saline nasal drops or spray may be used every 2-4 hours as needed when awake to keep the nose moist.
3. Activities - No exertion or lifting more than 10-15 pounds until your first postoperative visit. You should not blow your nose until approved by your doctor. Usually you can begin blowing your nose gently after the first postoperative visit. If you need to clear your nose, you may sniff. If you must sneeze, do so with your mouth open.
4. Elevate the head of your bed about 30 degrees to reduce bleeding.
5. Prescriptions for antibiotics (if indicated) and pain medication are given at the time of discharge. **Do not** use aspirin or ibuprofen products unless approved by your physician.
6. Diet - Your first meal after surgery should be clear liquids. If you have no nausea or vomiting you may gradually increase your diet to regular food.
7. It is normal to experience a mild steady oozing of blood-tinged mucous for a few days after surgery.
8. Breathing or respiratory concerns should be reported to your physician immediately.

If you have any questions regarding your comfort or care, please contact our office at 501-227-5050.

Your postoperative visit is on \_\_\_\_\_ at \_\_\_\_\_.

Your next scheduled pain medication dose is \_\_\_\_\_.

**On Call Nurses: After hours only (5pm to 7am and weekends).**

Surgery center hours are Monday-Friday from 7:30am to 5:00pm. If you need to see a physician after hours do not return to the surgery center, go to the emergency room.