

[www.snoring.com.au](http://www.snoring.com.au)

## NASAL SURGERY (SEPTOPLASTY) Post-Operative Instructions

1. Arrange for a ride home from the hospital.
2. Avoid clothing which must be pulled over the head
3. Rest for one week after surgery. Avoid bending or heavy lifting for the first week. This can aggravate swelling or cause bleeding.
4. Soft foods that do not require much chewing are recommended for the first week.
5. Drinking straws can be of assistance, particularly when there is blockage of the nose or a plastic splint covering the nose.
6. Avoid bumping the nose or rolling onto it while sleeping.
7. Avoid hot baths and hot showers for the first week.
8. Do not blow the nose for the first week. Sneeze with the mouth open.
9. You can expect a blood-tinged discharge from the nose for several days. A nasal bolster may prevent your clothing becoming stained.
10. The main problem after this surgery is nasal blockage. This is generally settled at the first post-operative visit, one week later. If excessive nasal blockage is a nuisance, washing the nose out with a salt water spray as recommended by the doctor, may be of assistance.
11. The nostrils may be cleaned around **the outside only** with cotton buds and hydrogen peroxide. For lubrication, use Vaseline or an antibiotic ointment twice daily.
12. Strenuous activities such as competitive sports are not recommended for the first month.
13. Nasal surgery is generally without significant pain. Minor pain relief medications such as Paracetamol (Panadol/Tylenol) – two tablets every four hours as needed- are usually sufficient. Avoid pain killers that contain Aspirin (Disprin) for the first week after surgery as this may increase the risk of post-operative bleeding.
12. Increasing pain, excessive bleeding or a rising temperature should be reported to your Doctor.