

POST OPERATIVE CARE SEPTOPLASTY

Post op care:

- **Do not blow your nose or sneeze through your nose**
- **Do not remove nasal splint**
- **May shower but avoid getting splint wet**
- Keep head elevated including while sleeping
- No straining, lifting, or bending for 1-2 weeks
- No aspirin or ibuprofen for 10 days
- Take pain medication, antibiotic, and other prescribed medicines as directed
- Can operate a motor vehicle 24 hours after last dose of narcotic pain medication
- Do not smoke—smoking delays healing and affects circulation
- Rest – can resume most activities in 2 weeks

What to expect:

- Swelling and bruising can occur 48-72 hours post op.
- Nasal swelling subsides gradually and may take months before it subsides, especially at the tip
- Moderate discomfort – take pain medication as needed

Follow-up:

- Follow up appointment as directed

**DO NOT HESITATE TO CALL THE OFFICE WITH ANY QUESTIONS
OR CONCERNS**

Pain medication: _____

Antibiotic: _____

Swelling: _____

Follow-up: _____ **please call office to
arrange follow up appointment 610-519-0600**