

# Postoperative instructions

## Septoplasty

### Your return home

#### Dressing:

- Change the moustache dressing under your nose as needed.
- If necessary, wear the moustache dressing for the next three days.
- If you have plastic splints stitched or tampon inside your nose, it will be removed by your doctor at your first appointment.



#### Daily activities:

- Sleep with your head elevated slightly for the next few days.
- Do not blow your nose too hard. You may gently sniff back any nasal mucous.
- Do not try to “hold it in” if you need to sneeze or cough. Keep your mouth open.
- You may shower or take a bath.
- No physical activities are permitted for two weeks.
- No lifting more than 20 pounds for two weeks.
- No driving for 24 hours after surgery, or longer if you are taking pain medication.

#### Possible symptoms:

- nausea and vomiting (if necessary, take Graval™)
- nasal congestion or light nasal bleeding
- eyes tearing up
- a mild headache
- pressure in the ears and/or your face

#### Pain control

- Antibiotics should be taken as prescribed.
- Pain is usually mild and should be easily controlled with Tylenol™ or Extra-Strength Tylenol™.
- Avoid taking ibuprofen (Advil™, Motrin™) or Aspirin™ for one week.
- You may resume all of your regular medications immediately.

### Call your doctor or visit your nearest Emergency Department if you:

- suspect an infection:
  - increasing pain
  - fever
  - green or foul smelling discharge
  - sharply increased nasal congestion
- become suddenly short of breath
- have severe headache or neck stiffness
- experience change in your vision
- observe clear nasal oozing
- bruising around your eyes

**Note: If you have profuse bleeding from the nose you can pinch it firmly for 15 minutes. If bleeding does not subside, go to the closest Emergency Department.**

#### Next appointment:

Date:

Time:

**Communiquez avec le bureau de votre médecin le lendemain de votre chirurgie pour prendre rendez-vous.**

713, chemin Montréal Ottawa (Ontario)  
T 613.746.4621 [hopitalmontfort.com](http://hopitalmontfort.com)

5100266 (14-01)