

# After Septoplasty

- NO nose blowing x 10 days or until follow-up appointment
- NO bending, straining or lifting x 7 days
- Sleep with head on 2-3 pillows
- Nasal saline spray 4 sprays bilateral nostrils every 2 hours while awake
- Bacitracin ointment, coat inside bilateral nostrils and front of splints twice daily
- Expect bloody mucous drainage from nose for 7-10 days
- Expect to maybe feel some stitches inside one of the nostrils; these are dissolvable stitches and should fall out by themselves within 3 weeks
- Expect numbness and tingling of upper lip, upper front teeth and roof of mouth for 2-4 weeks
- Normal diet, except no steamy food/drink
- May shower/bathe and gently wash outer nose
- Use nasal drip pad as needed for any drainage
- Follow up appointment as booked by the office