

# EAST TEXAS SINUS AND DIZZINESS CENTER

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DISEASES OF THE EAR, NOSE, AND THROAT  
HEAD AND NECK SURGERY  
DIPLOMATE - AMERICAN BOARD OF OTOLARYNGOLOGY

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## Septoplasty Post-Operative Instructions

Now that we have completed your procedure, here are a few instructions to follow over the next two weeks. As always, if you have any questions, call the office and we will be happy to answer those for you. These instructions are very important; not following them will directly impact your rate of recovery and results.

1. You may eat or drink anything you want after the procedure.
2. You may resume normal activities in 24-48 hours.
3. Use Afrin in your nose twice a day for the first 3 days only. **DO NOT USE AFRIN AFTER 3 DAYS.** You use this so when you rinse your nose (step 4), you don't meet any resistance.
4. Rinse your nose out with the Neil-Med RINSE 2-3 times a day. You will continue the saline rinse for two weeks.
5. After rinsing your nose, use Flonase or Nasacort(over the counter) nose spray 1-2 puffs in each nostril.
6. Complete the first steroid pack you were given. You should be starting the first day of 1 pill 2x a day unless told otherwise by our staff.
7. Try not to blow your nose for the next 12-24 hours. If you must, do so VERY gentle without plugging either side then rinse. If you need to sneeze, let it come out of your mouth like a bark instead of through your nose.
8. There may be mild oozing from your nose after the procedure, especially if you take any blood thinners or aspirin. Usually gentle irrigation and the use of Afrin will control this. If at any point you are concerned that it is excessive, call the office and let us know.
9. While there is usually minimal, if any, discomfort from the Septoplasty, you may take anything you would normally take for discomfort or headaches. Tylenol or Ibuprofen should control any associated discomfort. If at any time you feel more discomfort than you anticipated, always call the office and let us know.

We look forward to seeing you in the office for your first post-operative follow up on

\_\_\_\_\_ at \_\_\_\_\_ and trust your Septoplasty experience will be a good one.

If at any time you have any questions or concerns, call the office and we will be happy to assist you.