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# SEPTOPLASTY/SINUPLASTY POST OP CARE

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The surgery is done entirely within the nose. Usually, there is no external bruising or swelling

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## 1. WHAT TO EXPECT WHILE HEALING

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- Nasal congestion, crusting after surgery, Decongestions (nasal steroid) may help
  - There may be some watery mucus or bloody drainage, change the gauze under your nose as necessary or use a tissue to gently blot when drainage occurs.

2 days after surgery:

  - Saline Flush: Neil Med/Neti Pot at least twice daily (once in the morning once at night before using Flonase) can do saline more than twice a day
  - Flonase: two sprays each nostril at night before bed
- No physical activities, including bending, lifting, contact sports for 1-2 weeks after surgery (Please contact office before returning to normal activities)
- A low grade fever (under 102 degrees) is common during the first week after surgery. Can treat by increasing fluids and using Tylenol. Should temperature increase above 102 degrees, contact our office
- There is usually packing in the nose which will dissolve in the first few days. A PROPEL stent may be present, which may be removed during the postoperative visit in the office, usually painless after applications of topical anesthetic spray
- Septoplasty repair, you will have stents in the nostrils these will be removed during your 1 week Post Op appointment
- Do **NOT** blow our nose until it is totally healed (usually two weeks after surgery)

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## 2. PAIN AFTER SURGERY

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- Pain after surgery is normal
- You may experience discomfort, and nasal congestion
- Pain/Discomfort can become worse while sleeping, sleeping elevated can help
- Treatment for pain:
  - OTC Tylenol, using appropriate dosing every 4-6 hours
  - Your doctor may prescribe Tylenol with Codeine, take using appropriate dosing every 4-6 hours

- Please avoid use of Advil, Ibuprofen, Aleve, Motrin, or any beta blockers (ask prescribing doctor before stopping) two weeks before and after surgery, as these medications can increase the risk of bleeding

### 3. WHAT TO DO IN CASE OF EMERGENCY

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- In case of emergency:
  - **1<sup>st</sup>**: contact our office at 936-321-2222
- If an emergency happens after office hours, please call our office at 936-321-2222, and you will be connected to our answering service, who will contact Dr. Liu for you

**Please schedule 1 week Post Op after date of surgery with our office!!**