



C O N N E C T I C U T

E A R • N O S E • T H R O A T

MEDICAL AND SURGICAL SPECIALISTS

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POST OP SINUS-SEPTOPLASTY SURGERY **INSTRUCTIONS**

After surgery you are to take it easy for 2 weeks.

- NO STRENUOUS ACTIVITY, exercising or lifting objects heavier than a telephone book.
- *Keep your head above the level of your heart.*
- *Keep your head elevated when sleeping.*
- DO NOT bend over to pick things off the floor
- You may experience a moderate amount of blood dripping from the nose during the first few days after surgery. If this occurs, you can tape a rolled gauze sponge under your nostrils.
- Use saline nasal spray (AYR or OCEAN nasal spray) 4 SPRAYS IN BOTH NOSTRILS, 4 TIMES A DAY or as many times a day as needed for nasal congestion/ dryness.
- **Apply Bacitracin ointment** to both nostrils twice a day.

For 7 days after surgery:

- **DO NOT BLOW YOUR NOSE**
- **SNEEZE WITH MOUTH OPEN**

SEPTOPLASTY PROCEDURE ONLY

- There are plastic stents within your nasal cavity which will be removed after surgery at your first post-op appointment.
- Your nasal cavity may become more congested until the stents are removed post-operatively. Your nasal breathing will improve once the stents are removed.

POST OP MEDICATION may include:

- Pain relief medication.
- Antibiotic – complete prescription as directed.
- Anti-anxiety/Sleep medication as needed.
- Bacitracin ointment to both nostrils twice a day.

If you have any concerns, please call the office 203-452-7081

******Please schedule your post-op appointments******

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