



Post-Op Nasal Septal Reconstruction (Septoplasty) Sinus Surgery

After surgery, please have a bottle of nasal saline (also called Ayr or Ocean nasal spray) and a tube of bacitracin ointment on hand.

After surgery you are to take it easy for two weeks. This means no strenuous activity, exercising or travel.

It is a good idea to keep your head above the level of your heart (keep your head elevated while sleeping).

For the next 7 days please **do not blow your nose** and be sure to sneeze with your mouth open.

Following surgery, your nasal cavity may become congested, no need to worry. You should use saline nasal spray, 4 sprays in each nostril 4 times a day or as many times a day as needed to clear nasal passage, this will aid in healing and keep you less congested and more comfortable.

You may experience a moderate amount of blood draining from the nose during the first few days after surgery. If this occurs, you can tape a rolled gauze sponge under your nostrils. You may use Afrin nasal spray, 3 squirts in each nostril x 1. A bag of ice may be applied to the outside of your nose for comfort.

Your post op medications may include hydrocodone and acetaminophen (Tylenol) for pain relief and an antibiotic to be taken for the next 7-14 days. Please complete the full of course of antibiotics. Your medication may also include a Medrol dose pack which is a self-tapering steroid prescription to decrease inflammation.

If you have any questions, please call our office at 203-452-7081.