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### **DISCHARGE INSTRUCTIONS FOR NASAL SEPTOPLASTY**

1. Bleeding is quite common after surgery and will slowly diminish over 4 to 7 days. If excessive, call the office immediately.
2. Swelling of the outer nose is usually minimal unless a rhinoplasty ("breaking" of the outer nose) was performed.
3. Expect the nose to be blocked during the first week after surgery. This is due to blood, mucous, and swelling inside of the nose.
4. Head elevation is important for 7 days after surgery. Do not apply ice unless your physician instructs you to do so.
5. Medications will be prescribed on an individual basis.
6. After surgery your physician will tell you when to come to the office for a follow-up visit. Internal packing, splints, or a cast will be removed at that time.
7. ***Aspirin and Ibuprofen should be avoided*** (unless instructed otherwise) as they can cause increased bleeding.
8. Activities that increase blood pressure or pulse should be avoided for 2 to 3 weeks as they may cause excessive bleeding.
9. Activity should be limited for the first week and gradually increased to normal activity over the second and third weeks under the direction of your physician.
10. **Blowing the nose should be avoided until the first post-op visit.**
11. Frequent use of a nasal saline spray after surgery will keep the nose moist and help to decrease the blocked sensation.
12. Removal of the nasal splints is a quick and painless procedure that will be done at your follow-up visit.

IN CASE OF EMERGENCY CALL 911

TO REACH THE PROVIDER ON CALL DIAL 603-437-0805