

Boise ENT
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Septoplasty (Nose Surgery) – After-Surgery Instructions

At home after surgery: Dr. Beasley recommends resting quietly for the first 48 hours after surgery. You should walk or ambulate (with assistance) around your home every couple hours. Ambulating is one of the best ways to maintain lower extremity blood flow and prevent deep venous blood clots (DVTs).

Positioning: When resting, keep your head and back elevated on several pillows (30-40 degrees) for 5-7 days after surgery, as this will minimize any bruising or swelling. In addition, flex your thighs by placing several pillows behind your knees. Avoid bending, lifting, or straining for one week after surgery. Avoid bending, straining, or any activity that increases pressure on your face or nose for the first week after surgery.

Ice compresses: Apply ice compresses to your face for the first two days following surgery to minimize your postoperative swelling and bruising. Small frozen bags of peas or corn are ideal because of their flexibility in being "molded" to fit your face.

Diet: Start with a light diet, preferably liquids or soups, and then progress to a regular diet after 24 hours. This will minimize any postoperative nausea. Avoid salt, as it can promote swelling. For two weeks, avoid foods that require excessive lip movement, such as apples, corn on the cob, etc.

Oral Antibiotics: Dr. Beasley or Dylan Bybee will prescribe you either Augmentin 875mg or Doxycycline 100mg. Augmentin should be taken one tablet, two times per day; Doxycycline should be taken one tablet, two times per day; All antibiotics should be taken with food and probiotics.

Discomfort: Any discomfort or soreness can be minimized with pain medication. Start with 1-2 tablets for pain initially, every 4-6 hours (max six tablets per 24 hours) It is best to take pain medication with food. Keep in mind that pain medication can cause constipation. Take Miralax as needed for constipation. A helpful adjunct is to replace every other dose of pain medication with a tablet of Tylenol (650 mg) to help minimize inflammation. Avoid driving or consuming alcohol while taking prescription pain medicine. Pain medication can also cause nausea; please take Zofran as needed for nausea.

Nasal Splint: Do not manipulate your nasal splint or nasal tapes. Dr. Beasley or Dylan Bybee will remove your splint one week after surgery. After your nasal splint is removed, you can gently wash your nose with a mild soap, i.e., Cetaphil. Moisturizing creams can be used if the nose is dry. You can gently blow your nose.

Wound Care: Gently clean the inside edges of your nostrils with Hydrogen Peroxide (available over the counter) soaked Q-tips, followed by a thin layer of Neosporin (available over the counter) ointment 2-3 times per day. This will prevent crusting from forming.

Nasal Discharge: You will probably have some bloody nasal discharge for several days following your surgery. Dr. Beasley will place a "drip pad," which should be left on for 24 hours and may be replaced as needed. However, you should call our office if the bleeding does not stop. To prevent bleeding, avoid blowing for your nose for the first 2 weeks after surgery.

Washing your face/Showering: You may shower and wash your face on the 2nd day after surgery using a gentle cleanser, i.e., Cetaphil. Avoid directly washing your nose, but rather use a damp, warm cloth to wash your face gently. Avoid submerging your incisions in a bath, swimming pool, or whirlpool for two weeks after surgery.

Swelling: Maximal swelling typically occurs two to three days after surgery, then begins to improve dramatically. Mild bruising typically resolves within 7-10 days after surgery. Mild or subtle inflammation may take up to several weeks to completely resolve. It may take approximately one year for all the nasal swelling to resolve and to achieve your final aesthetic result.

Activity: It is important to refrain from strenuous activities for the first 2 weeks after surgery. **After 2 weeks**, you may engage in light activity (i.e., light walking).

Sutures: All intranasal sutures are absorbable and typically dissolve one to two weeks after surgery. If external sutures were placed, these would typically be removed by Dr. Beasley or Dylan Bybee after 5-7 days.

Sensation: It is normal to have numbness of the nasal tip and occasionally the front teeth following septoplasty. This gradually subsides after 2-3 months as your body progresses through the healing process.

Follow-up appointment: Your first postoperative appointment is 5-7 days after surgery. This should be scheduled prior to your surgery.

Smoking: Do not smoke. This is important. Smoking delays healing and can increase your risk of complications.

Please notify Boise ENT:

- If you experience increased nasal bleeding which does not stop after several minutes of gentle nasal pressure;
- If you experience a significant increase in pain not relieved by medication;
- If you develop a temperature above 101.5° F, or if you develop redness (like a sunburn) around your incisions;
- If you have any yellowish or greenish drains from the incisions or notice a foul odor;
- If you have any side effects to medications, such as rash, nausea, headache, or vomiting.

The quality of your septoplasty procedure may be compromised if you fail to return for any scheduled post-op visits or follow Dr. Beasley's pre-and postoperative instructions.

Patient Signature

Date: