

# SEPTOPLASTY AND/OR SINUS SURGERY



Don J Beasley, MD  
208-229-2368

## Post-Operative Instructions

### Recommended Irrigation Care:

Irrigation frequency (starting 1 week AFTER surgery):

- 3-5 times daily for 1 week
- 2-3 times daily for the next two weeks
- 1-2 times daily for the next one to several weeks

We recommend the kit-provided/store bought salt packets, however, here is a recipe for **homemade** solution if desired:

- 1 cup warm water
- 1/4 tsp. salt
- 1/4 tsp. baking soda

