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Ear, Nose & Throat Clinics of San Antonio, P.A.

DEVANG DESAI, MD POSTOPERATIVE CARE AFTER SEPTOPLASTY / SINUS SURGERY

Rest quietly for 24 hours after surgery. This means no work, driving, cooking or drinking alcohol. We recommend having a friend or family member stay with you for at least the first night after surgery.

Please call our office the day after surgery to schedule a post operative appointment between 7 to 10 days after your surgery. The doctor will advise after your surgical procedure if you are to be seen sooner in our office.

Keep your head elevated on either 2-3 pillows in bed or sitting in a recliner. This will help promote drainage as well as reduce pain and swelling.

Change the drip pad beneath the nose when needed. Some drainage of bloody secretions is expected. Do not blow your nose hard. Sneeze with you mouth open. Do not swallow secretions. These can upset your stomach. If you have no drainage, you may leave the drip pad off.

You may use ice packs across the nose and eyes for comfort. These should be small and light.

Your mouth may become dry. Use mouthwash and ointment (Vaseline) to the lips to prevent discomfort.

Do not eat foods that require a lot of chewing in the first few days. While the packs are in place, you may find that your taste and smell are diminished. This will resolve when the packing is removed. Your packing will be removed between the 7th and 10th day.

After pack and/or splint is removed, a small amount of bloody-mucoid drainage is expected. Do not rub or pick your nose. To clean the nostrils, use a Q-tip moistened with hydrogen peroxide to gently dissolve the crusting and discharge. You may also use ointment (such as Neosporin or Bacitracin) on a Q-tip to lubricate the nostrils. Do not place the Q-tip any further inside your nose than the white cotton tipped head. Use Afrin nose spray twice a day for the first two days after surgery and then discontinue it. Use the nasal saline spray every 3 to 4 hours to help loosen the crusting and clean the nose.

You may brush your teeth, wash your face and wear make-up or shave as you normally do, but avoid bending over for prolonged periods.

You may resume moderate physical activity after the first week; however, you should avoid any activities that require much bending, lifting or straining for an additional week. Activities such as weight-lifting, flying or scuba diving should be avoided for 2-3 weeks to avoid bleeding. When flying or diving, a decongestant and Afrin may be used.

Avoid any medications that contain aspirin, ibuprofen or substances that interfere with blood clotting. Take the medication given to you after surgery or Tylenol for pain. You may use antihistamine/decongestant medications with care as these will increase nasal dryness, which can lead to bleeding.

If you develop fever greater than 102°, rash, green or colored drainage, nausea or vomiting, call your Surgery Scheduler between 9:00 AM and 5:00 PM or your doctor if it is after hours.

During the course of healing, you will experience periods of alternating good airflow and extreme congestion. You may also have “sinus headache.” These improve as the swelling subsides.

For any questions or problems, please call your Surgery Scheduler between 9:00 AM and 5:00 PM or your doctor if it is after hours.

We appreciate your patience in getting better after surgery and empathize with your discomfort after surgery.

THANK YOU