

Notify the Doctor or Go to the Emergency Department if any of the following happens:

- nasal pain that is becoming more severe after the first 24-48 hours following surgery and unrelieved by your pain medication
- fever over 38°C or 100.4°F
- pus like (green or yellow) nasal drainage
- trauma (a blow) to the nose
- large amount of bleeding (enough to soak a tissue or handkerchief or you feel it going down the back of your throat)
- difficulties with your nasal packing

Besides these general instructions remember also:

For more copies, go online at <http://vch.eduhealth.ca> or email pchem@vch.ca and quote Catalogue No. **FI.600.Af89**
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After Nasal Septal Surgery

Discharge Instructions



How you want to be treated.

North Shore, Sea to Sky,
Sunshine Coast, Powell River,
Richmond and Vancouver

General Information

Repair of the wall (septum) between the two nostrils.

Important Points in Treatment

◆ Things to Expect

- Expect nasal congestion (the nose to feel plugged) for several weeks.
- Expect some blood tinged nasal discharge for several weeks.
- Some surgeons will use nasal packing or nasal splints and these will be removed at the time of your follow-up appointment.

◆ Things to Do

- Drink lots of fluid, unless your doctor tells you otherwise.
- Eat a soft diet (no hard chewing).
- Bathe or shower in warm or lukewarm (not hot) water.
- You may wash your hair the day following surgery, lean your head back rather than forward to keep the splint dry. Use a cool setting for your hairdryer.
- Place ointment into the nostrils 3-4 times a day for 3 weeks as ordered by your doctor. (This will prevent and/or soften nasal crusting. Allow this crusting to fall off on its own.)
- Change nasal drip bandage as necessary.
- Sneeze with the mouth wide open to relieve pressure.
- When sleeping, keep your head raised on 2 pillows for 10 days.

◆ Things to Avoid

- Avoid aspirin (ASA) for 2 weeks. Consult with your doctor if you normally take ASA.
- Do not drink alcohol when taking pain medication.
- Avoid bending, straining, and lifting objects heavier than 10 lbs. (i.e. heavy bags of groceries, children) for one week.
- Avoid flying, swimming and diving for 6 weeks.
- Avoid saunas, sunshine, hot tubs and activities that cause you to get very hot (i.e. red face, sweating) for 2 weeks as it can increase the chance of bleeding.
- Avoid hitting (trauma) to the nose.
- Avoid contact sports for 8 weeks.
- DO NOT blow your nose for 10 days after surgery. If your nose is blocked, sniff gently to clear the passages.
- Avoid coughing or clearing of throat too forcefully.

◆ Follow-Up Appointment

Ensure you keep appointments for follow-up care with your Doctor. Contact your Doctor's office to arrange for an appointment.