

### **POST-OPERATIVE INSTRUCTIONS - SEPTOPLASTY**

#### **Pain Control**

- Recommend Tylenol (over-the-counter) and Ibuprofen (over-the-counter)
- Tylenol dosing for adults is 650 mg every 4 hours (or 975 mg every 6 hours). **Do not exceed 4,000 mg of Acetaminophen (Tylenol) in a 24-hour period.**
- Ibuprofen dosing for adults is 600 mg every 6 hours. **Do not exceed 3,200 mg of Ibuprofen in a 24-hour period.**
- If you have problems with liver or kidneys, please talk to Dr. Sheffield or your primary care provider about adjusting dosages.
- Oxycodone tablets (5 mg) have been prescribed for pain that is not adequately covered by Tylenol or Ibuprofen. Take 1 tablet every 4-6 hours as needed. Be aware that this narcotic pain medication can make you drowsy, and you should not drive while taking it.
- Docusate is a stool softener which has been prescribed for use while taking narcotic pain medication to avoid constipation.

#### **Antibiotic**

- \_\_\_\_\_ has been prescribed to decrease risk of post-op infections. Please take as directed. Recommend eating yogurt daily while on an antibiotic to help avoid GI upset.

#### **Nasal Care**

- The drip pad under your nose is in place to catch any bleeding. You may remove at any time. Replace it if needed for bleeding/drainage. Expect to have some bloody discharge for the first several days after surgery. If there is continuous oozing of blood from the nose, you may purchase some nasal decongestant spray (Afrin or similar; active ingredient is Oxymetazoline) and use it in each nostril for 2 hours. **Do not use it more than the first 3 days after surgery.** If you have a lot of blood coming out that is not stopping, please call Dr. Sheffield or go to the ER for further evaluation.
- Use nasal saline spray (1-2 sprays in each nostril) **every hour while awake** to minimize nasal crusting and promote healing

#### **Activity**

- Advance as tolerated. Most every day activities are fine. Avoid doing things that would increase pressure in your head because this could lead to nosebleed. Avoid heavy lifting (>25 lbs) or straining until after follow up with Dr. Sheffield in 1 week. You may return to work or school whenever pain is controlled, and you feel up to it.
- **No nose blowing for 2 weeks.**
- **Sneeze with mouth open for 2 weeks.**

#### **Diet**

- Advance as tolerated to general diet. Start slowly because you may have some nausea associated with general anesthesia.

Follow up in 5-7 days with Dr. Sheffield for examination and nasal stent removal. If you have questions or concerns, please contact the ENT department during normal weekday hours; for nights and weekends, feel free to call Quincy Medical Group main operator, and they can help you get in touch with us.

Your prescriptions were e-prescribed to: \_\_\_\_\_