



Lindsey Pennington, MD
F A C I A L P L A S T I C S

Postoperative Instructions:

Septoplasty, Nasal & Sinus Surgery

Uncomplicated and early healing depends greatly on how well you care for yourself after surgery. Please read the following instructions carefully before your surgery and ask us any questions you may have.

Introduction

The following is a list of general instructions for your care following surgery. Please read them carefully several times as most of your questions should be answered here. Instructions for your care will also be reviewed the morning after surgery. Carefully following these instructions should help you get the best results from your surgery.

General

- Change the nasal drip pad as needed. Some bleeding and mucous is normally expected out the front of the nose or draining down the back of the throat.
- Numbness in the cheek, lips, nose, and teeth is common. Nasal congestion & facial pressure is common.
- No smoking for 4 weeks post-surgery and no alcohol 2 weeks post-surgery
- No aspirin, ibuprofen, Motrin, Advil, or similar anti-inflammatory medication. Dr. Pennington will advise you when you may resume taking these medications.
 - Other blood thinners, such as Coumadin or Plavix, must also be discontinued, under the guidance of your primary care physician.
- No herbal medications, supplements, or teas.
 - Increased risk of bleeding includes, but are not limited to Vitamin E, garlic, ginger, ginkgo, ginseng, kava, and St. John's Wort, fish oil, and green tea
 - Arnica Montana herbal *tablet* may help reduce bruising and swelling

Diet

- Advance slowly from liquids to soft, then solid foods after anesthesia. No restrictions on specific type of food or drink.
- Drink plenty of fluids.
- Do not chew gum.

- **LOW SALT DIET** – even the smallest amount of salt can increase healing time and cause excess swelling.

Activity

- **Sleep with your head elevated at a 45-degree angle in a recliner for the first week**, to help reduce nasal swelling. If there is no way a recliner will be accessible for recovery, then this can be accomplished by propping pillows up behind you in bed.
- **Do NOT** rub your nose or put any pressure on the nose.
- **Do NOT** blow nose. You may, however, sniff into the nose.
- Avoid sneezing. If unable to avoid sneezing, then sneeze with your mouth open.
- **Do NOT** bend over or hang your head down.
- **No** heavy lifting, straining, strenuous activity, or sex for at least 2 weeks.
- **No** contact sports for 6 weeks.

Hygiene

- Keep clean ice-packs, wrapped in a clean cloth, over the cheeks or forehead for
- Use the saline mist in nose 2x daily when Dr. Pennington advises to start the first 48 hours. Use ice every hour while awake to help reduce swelling.
- Do NOT put pressure on the nose.
- Place ointment via a cotton-tip applicator in your nose three times daily for 1 month.
- Use ointment anytime your nose feels dry.
- **Do NOT** use any allergy nasal sprays until advised by Dr. Pennington

Restrictions

1. **No** strenuous exercise for at least two weeks.
2. **No** heavy lifting for three weeks.
3. **No** pull-over clothing for two weeks.
4. Avoid hard chewing foods for two weeks.
5. Avoid yawning or wide mouth opening for two weeks.
6. If sneezing, sneeze with the mouth open for two weeks.
7. **No** driving for one, preferably two weeks after surgery.
8. **No** contact sports for six weeks.
9. **No** smoking, no nicotine products for a MINIMUM of 4 weeks post op
10. **No** alcohol for 2 weeks post op
11. May apply icepacks to eyes ONLY
12. **Do not** shower or wash hair or face until cleared by Dr. Pennington
13. Avoid hitting or bumping of face for 1 week (Do not pick up small children) and should sleep alone for the 1st week.
14. **No** wearing glasses or contacts until cleared by Dr. Pennington. Please see the site below to order something to help wear glasses if needed.

Call Dr. Pennington if you develop:

- Fever greater than 100.4
- Sudden swelling or discoloration
- Hemorrhage
- Drainage from wound edges or other signs of infection
- Development of any drug reaction

Please do not hesitate to ever contact our office. (318-216-5366)

https://www.amazon.com/Optics-Pro-Nose-Guard-Eyeglass-Suspension/dp/B01N3T4L21/ref=sr_1_1?keywords=glasses+holder+for+after+nose+surgery&qid=1582819075&sr=8-1