

Please read these instructions both **before** and **after** surgery. Following these instructions carefully will help you obtain the best possible result from your surgery. If you have questions, do not hesitate to call us at any time.

Post-operative instructions:

Starting the day of surgery

- Do not blow your nose for 10 to 14 days. It is okay to snort any nose mucous back into your throat and spit it out.
- Avoid sneezing for 10 days. If you must sneeze try to do so with an open mouth.
- Avoid exertion, including athletic activities, bending over, heavy lifting and straining.
- Elevate your head at least 30 degrees when laying down.
- Wear the nasal mustache dressing as needed to catch any bloody nasal drainage. It is normal to have bloody nose drainage for the first 4 to 5 days after surgery.
- Change the dressing under your nose as needed
- Take Tylenol for pain. If that is ineffective, take your prescribed pain medication.
- Unless told otherwise, **you may rinse the inside of your nose with salt water (saline) flushes or sprays anytime after surgery.** You may use a netti pot or squeeze bottle-style lavage kit (such as NeilMed brand) 2 to 3 times a day to help keep your nose clean. You can also use saline sprays (such as Ocean) 4 to 5 times a day to moisten the inside of your nose.
- Your nose will be congested. This is normal.

Starting one day after surgery

- Gently clean your nostrils with a cotton swab and a 1/2 hydrogen peroxide to 1/2 water mixture twice daily.
- After cleaning your nostril area with diluted peroxide apply plain Vaseline ointment inside your nostrils with a cotton swab to soften any crusting and dry blood.

One week after surgery

- You will return to the office for your first postoperative visit. Dr. Lamperti doesn't pack the nose after septoplasty or turbinate surgery. There is a small chance that a small internal splint was placed inside the nose during surgery. If this is the case, Dr. Lamperti will remove it at your first post-operative visit.
- If you had sinus surgery (also known as FESS) a small dissolvable spongy dressing is typically tucked up in the area where the cheek sinus opens into the nose. This helps to prevent scar bands and also helps to clot any oozing blood. Your saline rinses will help to disintegrate this dressing. Dr. Lamperti will also help the healing process by suctioning away nasal crusts and residual internal dressing at your office visits. He often does this weekly for at least a few weeks.

If you have any problems after your procedure, please call the office at 206.505.1234

Septoplasty

Turbinate

Reduction

Sinus Surgery