

Welcome  
to  
**Lakeside ENT & Allergy**

*Thank you for choosing  
Lakeside ENT & Allergy for all  
of your ENT needs!*

*The following pamphlet con-  
tains your post-operative in-  
structions to minimize compli-  
cations and insure a fast re-  
covery after surgery.*

*Please do not hesitate to call  
our office with any questions  
before or after surgery.*

*585-394-8800*



**Visit Any of Our 3 Locations**

229 Parrish Street Ste. 250  
Canandaigua, NY 14424  
(585)394-8800  
(585)394-5942 Fax

4 Coulter Road  
Clifton Springs, NY 14432  
(315)462-9491  
(585)394-5942 Fax

215 Summit Street  
Batavia, NY 14020  
(585)409-2002  
(585)394-5942 Fax



**Septoplasty  
Post-Operative  
Care**

**Eric A. Birken, MD, FACS, FAAOA  
Jay A. Yates, MD, FAAOA  
Srinivas R. Kaza, MD  
Roger D. Sequeira, MD  
Susan L. Fulmer, MD  
Amy M. Saleh, MD  
Karen F. Cunningham, RNP**



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# Post-Operative Care Instructions:

## Expectations

- Nasal congestion, stuffiness, and crusting are very common after surgery.
- Blood tinged drainage is expected for a few days after surgery.
- Plan to go home the same day.
- Some patients will have splints in both nostrils. Splints make your nose feel very congested or plugged. The splints are like a scaffold for the repaired septum, allowing it to heal in good position.

## Activity

- Most patients can return to work 1 week after surgery; this depends on the nature of your work. It may take longer to return to more physically demanding work and less time if you do more sedentary work.
- You may begin driving when you are no longer taking narcotic pain medications (hydrocodone or oxycodone).
- Avoid exercise or athletics until you have seen your doctor post-operatively and you have been given the okay.
- Avoid heavy lifting (>10 lbs), bending, and straining for one week.
- Bedrest is not necessary after surgery. Remaining active and mobile will help to expedite your recovery.
- Sleep with your head elevated for the first few days after surgery. A humidifier in your bedroom may be helpful.
- No nose blowing.
- Sneeze with your mouth open.
- Avoid straining. A stool softener may be a good idea for the first few days.
- If you use a CPAP machine, you should plan to not use this for a week after surgery.
- Avoid smoking for at least one week after surgery.

## Medications

- You may resume your preoperative medications unless otherwise specified by your doctor.

## Pain Control

- You have been provided with a prescription for a narcotic pain medication (hydrocodone/acetaminophen or oxycodone/acetaminophen). There are plenty of patients who never need to take this medication. It may be needed for the first few days or up to a week after surgery.
- This medication can cause constipation, so start a stool softener (Miralax, Colace, or Senokot) while taking this medication. It may be needed for the first few days or up to a week after surgery.
- Many patients only need ibuprofen or acetaminophen (Tylenol) after surgery for pain control. You can take 400mg of ibuprofen every 8 hours.
- You can also use Tylenol or acetaminophen but do not take this if you are taking hydrocodone/acetaminophen or oxycodone/acetaminophen. The maximum daily dose of Tylenol (acetamin

## Wound Care

- A pressure dressing will be in place when you awaken from surgery. This can be removed temporarily for bathing but should be worn routinely until your first post-operative appointment.
- You may shower and get the incision wet 48 hours after surgery.
- Pat the incision dry when it gets wet.
- The incision may feel itchy and uncomfortable. Try to avoid rubbing or scratching the incision.

## Follow-Up

- **You will be scheduled for a follow-up 7-10 days after surgery for suture removal. The pathology results from the surgery will be discussed at this appointment.**
- **Call Lakeside ENT at 585-394-8800 if you develop any of the following symptoms:**
  1. **Excessive drainage or bleeding from the incision**
  2. **Excessive swelling of the neck**
  3. **Concern for infection with pain and redness at the incision site and/or fever >101.5**
  4. **Poorly controlled pain**