After Septoplasty

- NO nose blowing x 10 days or until follow-up appointment

- NO bending, straining or lifting x 7 days

- Sleep with head on 2-3 pillows

- Nasal saline spray 4 sprays bilateral nostrils every 2 hours while awake

- Bacitracin ointment, coat inside bilateral nostrils and front of splints twice daily

- Expect bloody mucous drainage from nose for 7-10 days

- Expect to maybe feel some stitches inside one of the nostrils; these are dissolvable stitches and should fall out by themselves within 3 weeks

- Expect numbness and tingling of upper lip, upper front teeth and roof of mouth for 2-4 weeks

- Normal diet, except no steamy food/drink

- May shower/bathe and gently wash outer nose

- Use nasal drip pad as needed for any drainage

- Follow up appointment as booked by the office