



## SEPTOPLASTY / NOSE SURGERY

These instructions will help you take care of yourself at home.



### DIET

Start with clear liquids after you reach home. Wait about 45 minutes and if you do not feel sick, advance to light foods first and then progress to your usual diet.



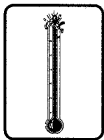
### ACTIVITIES

Keep your head elevated. Do not blow your nose. Open your mouth if you sneeze. Avoid heavy lifting or exertion.



### SPECIAL CARE NEEDED

Change the gauze "drip pad" under your nose as often as needed. Apply ointment to the edge of your nostrils a few times daily. Be sure to use all nose drops as directed. **IF YOUR NOSE BEGINS TO BLEED:** Sit upright, breathe through your mouth and spit out any blood. Do not swallow. Call your doctor if bleeding continues.



### INFECTION

Watch for any sign of infection after surgery: fever, chills, increased pain, redness, swelling, pus, pain in the calves of your legs, or foul smelling discharge from your wound. Call your doctor at the first sign of any infection.



### WHEN TO CALL YOUR DOCTOR

Call 434-924-0000 and ask for "Resident on call" for Dr. \_\_\_\_\_ if:

- No urine output eight (8) hours after surgery
- No bowel movement in three (3) days
- There are signs of infection as above
- Vomiting lasting more than four (4) hours
- Large amount of bleeding or swelling

**Call 911 if you have chest pain or shortness of breath**