

SEPTOPLASTY – POST DISCHARGE INSTRUCTIONS

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Digital Version





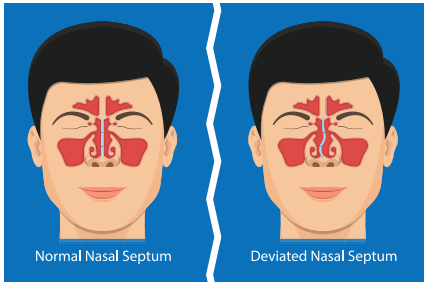
INSTRUCTIONS AFTER SURGERY

To reduce the chances of bleeding and swelling, follow these precautions for several weeks after surgery:

- Keep your head raised when you sleep. You might need to use an extra pillow
- Don't blow your nose for several weeks.
- Sneeze with your mouth open
- Don't pull clothing over your head.
- Avoid lift heavy things and strenuous activities, such as aerobics and jogging, for up to five weeks to avoid potentially causing a nosebleed
- Some mild swelling of the face and nose may occur but is not common, and ice packs can help reduce this swelling
- stop driving, operate any machines or make any decisions24 hours after surgery
- Take a medication as prescribed

RESULTS

- By three to six months after surgery, your nasal tissues will be relatively stable. It's still possible that cartilage and tissue may gradually move or reshape over time.



Some changes can still occur for up to a year or more after surgery.

- Most people find that septoplasty improves their symptoms, such as difficulty breathing, that were caused by a deviated septum. The level of improvement you can expect with septoplasty varies by person.

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PLEASE SCAN FOR
THE LOCATION

Aster
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