Pediatric Ear, Nose & Throat Specialists

POSTOP INSTRUCTIONS

SEPTOPLASTY

NORMAL POSTOP COMPLAINTS

- Headache/facial pain and nasal congestion that will last up to 2 weeks.
- Bloody drainage from the nose and post nasal drip that can last up to 2 weeks.
- Congestion slowly decreases over 4-6 months.

CALL OUR OFFICE IF YOU NOTICE ANY OF THE FOLLOWING

OFFICE TELEPHONE # 727-329-5400
SURGICAL EMERGENCIES # 727-562-6858

- Fever greater than 102 degrees that does not respond to Acetaminophen (Tylenol) or Ibuprofen (Advil/Motrin).
- Increased swelling or redness of face.
- Pain not controlled by pain medication.
- Change in vision.
- New onset of cough or other illness.

HOME CARE INSTRUCTIONS

- Keep head elevated at all times.
- Control pain with prescription pain medication and ibuprofen.
- For relief of nasal congestion, hypertonic saline may be used as needed.
- No strenuous activity for at least 2 weeks.
- No weight lifting or vigorous sports for 1 month.
- No nose blowing for 2 weeks.
- If splints were placed, they should be removed (in the office) 10-14 days after surgery. This procedure can be uncomfortable and therefore we recommend taking pain medication on the way to the office for this appointment.
- No school for 1 week.
- No swimming for 2 weeks.

Notes/Questions:

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