



MICHIGAN FACIAL AESTHETIC SURGEONS

Look
as Good
as
You Feel

SEPTOPLASTY

POST-OP INSTRUCTIONS

- ▶ Elevate your head to 45 degrees to help with any swelling and bruising.
- ▶ Use frozen washcloth compresses (folded into a rectangle) and drape them over the eyes and nose. Replace every hour that you can. This will help tremendously with any swelling and bruising. Wet the washcloths, fold them into a rectangle and freeze them. Have plenty on hand for the next 4 days.
- ▶ **FILL YOUR NOSE** with the bacitracin ointment 3 times a day for the next three weeks. This helps keep it clean, allows healing and keeps crusts down. You may have silicone splints inside the nose for a week. **DO NOT REMOVE THEM.**
- ▶ Plenty of water, hydration and liquids for the next two weeks to help hydrate after anesthesia is removed from the body.
- ▶ Please gently rinse out the nose post-operative day 1 using the medicated rinses (IF they were prescribed). This can be done 2 times a day.

The above instructions have been explained to me, and I understand the contents of this post-operative instruction sheet.

Patient Signature

Date