

INSTRUCTIONS FOR FESS + SEPTOPLASTY PATIENTS

1. Avoid blowing nose forcefully for next 10 days
2. If you have undergone a septoplasty a splint will be present inside your nose for a week- this will cause nose block. Your doctor will remove it after week
3. Sleep with your head End elevated for up to 10 days
4. A small amount of oozing from the front of your nose –is normal for about 2 days. From then on blood (Dark Red) comes from your Throat whenever you spit. This will be present for up to 10 days.
5. Avoid getting hit on Face and contact sports.
6. Wash your face and take body bath Every day.
7. Head bath can be taken 5 days after surgery
8. Headache is a Frequent complaint and gets back to normal after splint removed.
9. If you have profuse bleeding from nose, fever, pus from nose contact your doctor.
10. Review at hospital after a week of surgery. Do not miss follow up.