

**POST OPERATIVE  
SEPTO-RHINOPLASTY**

**MEDICATIONS:**

- Allergies: \_\_\_\_\_
- \_\_\_\_\_: Take \_\_\_\_\_ every \_\_\_\_\_ hours if needed for pain. Substitute Tylenol for mild pain. Avoid aspirin and Ibuprofen products. Do not drive or drink while using this medication.
- \_\_\_\_\_: Take one \_\_\_\_\_ times daily for \_\_\_\_\_ days.
- Other: \_\_\_\_\_

**INSTRUCTIONS:**

- Make an appointment to see Dr. Hoffman on \_\_\_\_\_
- **Do not blow your nose or sneeze through your nose**
- When lying down, prop head up on 2-3 pillows for the first week. Avoid sleeping on your side.
- \_\_\_ Do not use ice  
\_\_\_ Keep ice compresses on both eyes at least 20 min. per hour for the first two days. After that, compresses may be applied four times daily for 15 minutes or more of desired.
- Change moustache dressing or dab nose with tissue as necessary. A small amount of bloody drainage is to be expected. For sudden bleeding, lie down and apply ice to nose. Call the office if there is excessive bleeding.
- Avoid housework and driving for a week. No exercise, lifting or straining until approved by Dr. Hoffman.
- Keep the splint dry and clean. Do not remove the splint.
- Eyeglasses may be worn for short intervals over the splint but they may cause indentation marks. Avoid prolonged, uninterrupted use.
- \_\_\_ Apply Vaseline into nostril entrance—no further with Q-tip twice daily to remove old blood.  
\_\_\_ Do not remove nasal packaging.
- You may return to work in about 1 week, unless otherwise specified by Dr. Hoffman.
- Call if you experience unusual pain, redness, swelling, bruising, bleeding or sustained fever.

\_\_\_\_\_  
Physician Signature\_\_\_\_\_  
Date\_\_\_\_\_  
Patient/Family Member Signature\_\_\_\_\_  
Date