

POST-SURGICAL RECOMMENDATIONS FOR SEPTOPLASTY

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GENERAL CARE

- It is very important that you rest during the first few days. You must avoid intense exercise. You may walk inside the house, watch television, or read. Do NOT take long walks until authorized by your doctor.
- Sleep with your head elevated using pillows.
- Do not leave the city without your doctor's authorization.
- You may bathe or shower by tilting your head backward so the dressing does not get wet.
- The external dressing covering the nose must be changed as often as necessary to keep it clean.

DIETARY CARE

- During the first day, avoid consuming dairy products and do not drink carbonated beverages (sodas). These items can cause vomiting and significant discomfort.
- It is recommended to consume soft foods and certain liquids during the first day, such as non-acidic juices, popsicles, and gelatin; prefer fruits like papaya, mango, pineapple, etc. After the second day, your diet can return to normal.

MEDICATIONS AND CARE

- Take only the medications prescribed by your treating doctor.
- Avoid Aspirin®, Naproxen®, Advil®, Ibuprofen®, and herbal/natural remedies.
- Consult your treating doctor regarding any medications you were taking before the surgery and their post-surgical administration.
- In case of pain, DO NOT self-medicate; consult your doctor.
- If you experience a severe and continuous headache, consult immediately.

DO NOT BE ALARMED

- It is normal to experience dark/black vomit from digested blood, as well as minor bleeding during the first two days.
- Nasal packing, especially during the first day, will cause discomfort such as nasal itching, burning, dry mouth, and a sensation of shortness of breath when speaking, breathing, or eating. You will soon get used to it.
- You will experience abundant nasal mucus and sneezing due to the nasal packing. Sneeze gently and with your mouth open.
- You may feel mild ear pain and a sensation of a clogged or blocked ear due to the nasal packing; this is temporary.
- Due to the nasal packing, it is normal to experience a minor discharge of blood through the tear duct.

WARNING SIGNS

If you experience any of the following warning signs, you must contact your doctor immediately:

- Bright red and abundant bleeding from the mouth or nose.
- If the nasal packing comes out through the mouth or nose.
- Temperature above 38°C (100.4°F) after the first 72 hours.
- Discharge of purulent material (pus) from the nose.
- Severe pain in the nose.
- Nasal obstruction after the nasal packing has been removed.
- Feeling that everything smells bad or failing to perceive odors after 3 months.

YOUR SAFETY IS VERY IMPORTANT TO US If you have not yet contacted your doctor, you can call the clinic at **2658584 ext. 170-177**. Please note that phone hours are Monday through Friday from 6:00 AM to 9:00 PM. Alternatively, you can write to **seguridad.paciente@clinicaorlant.com** to receive further instructions.

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