

APPALACHIAN REGIONAL HEAD & NECK CENTER

HOME OFFICE:

200 MEDICAL CENTER DRIVE, SUITE 2N

HAZARD, KY 41701

606-439-4466

OTHER OFFICES ARE LOCATED IN SOMERSET, LONDON AND LEXINGTON, KY

POST SEPTOPLASTY SURGERY

PATIENT TEACHING

- 1. DO eat a regular diet**
- 2. Do drink plenty of fluids**
- 3. Do take prescribed medication for pain**
- 4. Do call the doctor if a temperature of greater than 100.5 or bleeding or other problems persists**
- 5. DO NOT blow your nose for 2 weeks**
- 6. DO NOT take aspirin, Motrin or Advil**
- 7. DO NOT engage in strenuous activities. DO NOT lift more than 5 pounds for the first week**
- 8. DO NOT go to work or school until after your first post-op appointment**
- 9. You may shower or bathe as usual and you may wash your hair**

Office Hours:

Monday – Thursday 8:00 a.m. – 4:00 p.m. and Friday - 8:30 – Noon

If you need assistance after these hours, you may contact:

NAME OF PATIENT: _____

FOLLOW UP APPOINTMENT: _____