



PATIENT RECOVERY GUIDE

Septoplasty Aftercare Instructions

Your personalised recovery guide following septoplasty (deviated septum surgery) with Dr. Nazmi Baycin, Dubai.

PROCEDURE	PATIENT	DATE OF SURGERY	FOLLOW-UP
Septoplasty	_____	DD / MM / YYYY	DD / MM / YYYY

Your recovery after septoplasty is usually quick. A nasal pack holds the septum centred for the first couple of days, and once it is removed you will feel the difference in your breathing right away. A little oozing on the first day is normal. Keep your head elevated, avoid blowing your nose, and your airway will keep opening over the following one to two months.

1 The First 48 Hours

- ◆ **Keep the nasal pack in.** Leave the nasal pack undisturbed; it holds the septum centred until removed at ~2 days.
- ◆ **Medication.** Take prescribed pain relief and any antibiotics exactly as directed.
- ◆ **Head elevated.** Rest and sleep with your head raised on pillows to reduce swelling and oozing.
- ◆ **Expect light oozing.** A little blood from the nostrils on day one is normal and stops by the next day.
- ◆ **Don't blow your nose.** Avoid blowing your nose; dab gently and let any light oozing settle on its own.
- ◆ **No external stitches.** The work is inside the nose; there are no outside stitches to remove.

2 Recovery Timeline

- DAYS 1 - 2**
Nasal pack in. Home the same day. Light oozing on day one is normal. The pack holds the septum centred until your day-2 visit.
- DAY 2**
Pack removed. The nasal pack is removed at your follow-up — breathing improves immediately. Downtime is generally just 1–2 days.
- WEEKS 1 - 4**
Airway opens. As swelling subsides day by day, the airway opens further and breathing becomes easier.
- MONTHS 1 - 2**
Full benefit. Breathing continues to improve over 1–2 months as the last swelling resolves and the septum settles.

"I straightened your septum while preserving the strut that holds your nose up — a safe, lasting correction. Keep the pack in, your head raised, and let the swelling settle; easy breathing is on its way."

— DR. NAZMI BAYCIN



3 Do's & Don'ts

RECOMMENDED

- ◇ Keep your head elevated, day and night.
- ◇ Use any saline spray or drops as directed.
- ◇ Attend the day-2 visit to remove the nasal pack.
- ◇ Attend every follow-up appointment.

PLEASE AVOID

- ◇ Blowing your nose in the first weeks.
- ◇ Strenuous exercise until cleared by Dr. Baycin.
- ◇ Smoking, which delays healing and irritates the lining.
- ◇ Knocks to the nose while it heals.

4 When to Contact Us

⚠ Seek prompt advice if you experience any of the following

- Fever above 38°C or worsening chills.
- Increasing facial swelling, redness or warmth.
- Heavy or persistent bleeding from the nose.
- Severe or increasing pain not eased by medication.
- Thick, foul-smelling nasal discharge.
- A high fever with a severe headache or neck stiffness.

5 Discharge Checklist

- ☐ Saline spray/drops and clean gauze ready at home.
- ☐ Pain relief and any antibiotics collected.
- ☐ Nasal-care and no-nose-blowing instructions understood.
- ☐ Day-2 pack-removal visit confirmed.

6 Your Follow-up & Contact

24 / 7 PATIENT LINE

+971 54 749 1111

For any urgent concern during your recovery, call this number at any time.

Website — www.nazmibaycin.com

Next appointment — DD / MM / YYYY · __ : __

Operating surgeon — Dr. Nazmi Baycin, FEBOPRAS