

## **Post-Operative Instructions after Septoplasty with or without Turbinate Reduction**

1. You likely have splints in your nose following surgery; this will make breathing through your nose difficult. Splints are usually removed 2-5 days after surgery.
2. Spraying saline into your nose, or irrigating with high volume saline solutions will help break up congestion and clear any clots or mucus build up. Do not pull at the splints or the suture holding them in place.
3. Change the drip pad dressing as often as needed. Some oozing of blood and mucus is expected for 2-3 days after surgery. In case of profuse nasal bleeding, apply ice to the bridge of the nose, pinch the nose just above the tip, lean your head forward, and hold for 10 minutes. If bleeding persists, spray 2-4 sprays of Afrin into the side that is bleeding and repeat the steps above. If bleeding persists despite these measures, contact our office.
4. **Do not** blow your nose until cleared to do so. This risks a nosebleed. Use open mouth sneezing.
5. No heavy lifting (nothing more than 15 lbs), no bending or stooping to lift, and no vigorous exercise until cleared by your surgeon (usually 1-2 weeks).
6. Obtain all medications and use as directed. Antibiotics are used in the initial post-op period to prevent infection while the splints are in place. The nasal saline spray or irrigation may be started immediately. Take pain medication as prescribed. It is OK to substitute Tylenol if the pain medication is too strong or causes nausea. It is important to stay well hydrated after surgery. Constipation is a common side effect of pain medications. Take a mild laxative if using the narcotic pain medicine. Avoid straining with bowel movements.
7. Take all of your routine medications as prescribed, unless instructed otherwise by your surgeon; any medications which thin the blood should be **avoided** (e.g., aspirin, ibuprofen, Advil, Motrin, Excedrin, Aleve, Celebrex, Naproxen) for the first week after surgery.
8. There are no diet restrictions. Tobacco use is not recommended since nicotine decreases blood flow to the healing nasal tissues and can actually compromise wound healing.
9. There may be some tenderness or numbness in your upper teeth after surgery. This is temporary.