



## POST-OP INSTRUCTIONS

# Septoplasty/Turbinates Reduction

### What to Expect After Surgery

- **Bleeding:** It is normal to have some bloody discharge for the first 1-2 days after your procedure. If steady bleeding occurs after surgery, lean forward and hold firm pressure for 15 minutes on the soft part of your nose. Avoid any nose blowing. If this does not stop the bleeding you may use 1-2 sprays of Afrin® to both nostrils and hold pressure over the soft part of your nose for another 15 minutes. If several attempts have been made to control the bleeding at home, call the office for additional directions.
- **Pain:** You may experience nasal and sinus pressure and pain for the first several days after surgery. Extra-Strength Tylenol® is often all that is needed for mild post-operative discomfort. If Tylenol® is not sufficient to control the pain, you should use the post-operative pain medication prescribed by your doctor.
- **Nose Blowing and Straining:** You should avoid straining, heavy lifting (> 20 lbs) and nose blowing for 7 days after surgery. Straining or nose blowing soon after surgery may cause bleeding. You can resume 80% of your normal activity at 1 week after surgery and your normal routine 2 weeks after surgery.

### What to Avoid After Surgery

- **Nose Blowing and Straining:** You should avoid straining, heavy lifting (> 20 lbs) and nose blowing for 7 days after surgery. Straining or nose blowing soon after surgery may cause bleeding. You can resume 80% of your regular exercise regimen at 1 week after surgery and your normal routine 2 weeks after surgery.
- **Aspirin or Non-steroidal Anti-inflammatory (NSAIDs) medications:** Aspirin and NSAIDs such as Motrin®, Advil®, and Aleve® should be stopped 2 weeks prior to surgery.

Aspirin and NSAIDs such may cause bleeding and should be avoided for 1-2 weeks after surgery. This recommendation may be adjusted by your physician.

- **Steroid Nasal Sprays:** If you were taking nasal steroid sprays prior to surgery you should avoid using these for at least 1 week after your procedure to allow the lining of the nose and sinuses to heal.

### Postoperative Care Instructions

- **Nasal Saline Spray:** Nasal saline mist spray can be used every 2-3 hours after surgery and can make your nose more comfortable after surgery. These sprays (Ayr®, Ocean®, Simple Saline®) are over-the-counter medications and can be purchased in any pharmacy.
- **Vaseline®/Antibiotic Ointment:** If you notice crusting around your nasal openings, applying ointment to the area with your pinky finger will help reduce this and facilitate healing. Doing this up to 2 times per day is a reasonable starting point. You may feel multiple stitches in the area, and that is normal.

### When to Call After Surgery

- Fever after the day of surgery higher than 101°F
- Constant clear watery discharge after the first week of surgery
- Sudden visual changes or eye swelling
- Severe headache or neck stiffness
- Severe diarrhea
- Steady, brisk nose bleeding that doesn't get better after using Afrin®