Septoplasty & Turbinoplasty  
Post-Operative Care Instructions

Introduction

Below we have outlined some important information that will help make your recovery period after septoplasty and/or turbinoplasty as pleasant and comfortable as possible.

Nasal Irrigations

Nasal irrigations are designed to moisten your nose and manually dislodge or loosen mucous and blood clots from the nasal cavities. You should purchase over-the-counter nasal saline spray (Ocean Spray, Ayr, generic) and squirt 3 to 4 sprays into each nostril at least 4 times daily. It is normal to have some red or brownish discharge from your nose for several days after the surgery. You should start your irrigations the day after surgery unless instructed otherwise.

Antibiotics

Antibiotics may be prescribed as part of your post-operative care. In most instances, you will be given a prescription during your pre-operative office visit. Please take your antibiotics as prescribed. You may also consider eating a cup of yogurt with active culture (sold at any grocery store), or Acidophilus pills (sold over-the-counter at any pharmacy). They are used to replenish the normal bacterial content of your gastrointestinal tract.

Nasal Sprays

Most nasal sprays will be stopped for a short period (weeks) immediately after surgery. You will be given instructions during one of your post-operative visits when to restart these medications, if at all.

Nasal Stents

In some cases plastic nasal stents will be placed in each nostril at the time of surgery. These will be removed at the first post-operative office visit. Since they are sutured inside of your nose, please do not attempt to remove these at home.

Nasal Packing

On some occasions it may be necessary to place traditional nasal packing in your nose at the completion of surgery. If so, it will usually be removed at your first post-operative visit. Please do not remove it by yourself at home. During some procedures a dissolvable biologic dressing which helps limit bleeding and promote healing will be placed in the sinus cavities at the end of surgery if sinus surgery is also performed. Some patients will have no material placed in the sinus cavities. These decisions are made at the time of surgery.
**Important Instructions to Follow**

- Begin your nasal irrigations the day after surgery. Purchase over-the-counter nasal saline spray (Ocean Spray, Ayr, generic) and squirt 3 to 4 sprays into each nostril 4 times per day. You may use it more frequently if desired.
- If you are prescribed antibiotics, take them as directed.
- If you are taking nasal sprays prior to surgery, stop unless otherwise directed.
- If you are experiencing any pain, take your pain medication as prescribed. If your pain medication is too strong, you may take Extra Strength Tylenol (acetaminophen).
- In general, you may resume your other medications the day after surgery. If you take asthma medications they should be continued the day of surgery. If you have questions about your medications, please check with me or your primary physician.
- If you are taking blood thinners (Aspirin, Plavix, Coumadin, Lovenox, etc.), on the recommendations of a physician, ask your physician the best time to resume these medications. This should be discussed with me during your pre-operative visit.
- You may change the dressing under the tip of your nose as often as necessary. This dressing is designed to keep you clean, and you may remove it if your nose is not running.
- Eat soft and light foods and stay well hydrated until you are able to tolerate a regular diet. You may experience temporary nausea as a result of the anesthesia.
- Make arrangements for someone to drive you home after surgery.
- Rest and relax after surgery!

**Avoid the Following During the 2 Weeks After Your Surgery**

- Do not engage in any strenuous activity, heavy lifting, or bending over.
- Do not blow your nose vigorously for 1 week. **You may lightly blow your nose during the 2nd post-operative week.** Occasionally you may be given instructions not to blow your nose for longer periods of time.
- Do not pick, prod, or poke your nose.
- Do not resist the urge to sneeze or cough. Instead, sneeze or cough with your mouth open.
- Do not take non-steroidal anti-inflammatory (NSAIDS) medications for pain (i.e. Aspirin, Ibuprofen, Advil, Motrin, Aleve, Naprosyn, etc.). Instead, take your pain medication as prescribed or Extra Strength Tylenol (acetaminophen).
- Do not take any supplements or herbal remedies that may increase your risk of bleeding (Vitamin E, Garlic, Ginkgo, Ginger, Sal Palmetto, etc.).
- Limit alcoholic beverages. Alcohol is dehydrating, increases your risk of bleeding, and should not be mixed with your pain medication.
- **Avoid cigarette smoking.** If you smoke, please do your best to quit or at least significantly limit your cigarette usage. Tobacco smoke is known to adversely affect post-operative healing and increase the risk of anesthesia.
CALL THE OFFICE (973-644-0808) IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS

- Excessive bleeding (bright red blood) that cannot be controlled by squeezing the nostrils together for 10 to 15 minutes. It is normal to experience some bleeding out of the nose or down the throat for many days after sinus surgery. You may also have some normal blood-streaking in your mucus.
- Eye swelling or changes in your vision including blurry, double, or decreased vision.
- Fever/temperature > 100.8°F.
- Persistent clear watery drainage from your nose.
- Worsening headaches and/or neck stiffness.
- Pain uncontrolled by your prescribed pain medication.
- Persistent nausea or vomiting.

**In the event that you experience a medical emergency or are unable to contact the office, please go to the nearest Emergency Room.**

---

### Post-Operative Visit Checklist

- You may need someone to drive you to and from the office. Please plan accordingly.

- If you are still having pain, take your prescribed pain medication or Extra Strength Tylenol (acetaminophen) 1 hour prior to your scheduled visit. The nose is most sensitive during the immediate days after surgery.

- Eat and drink prior to your visit.

- Bring a list of your medications and any questions with you.