

## Septoplasty and Turbinate Reduction Postoperative Care

- ❖ After surgery, you may have a dressing under your nose to absorb drainage. You may remove this dressing after you return home. It is not unusual to have blood stained drainage from your nose for two to three days after surgery. It is also not unusual to have nasal congestion, headache or a low grade fever after your surgery. You may have pain or numbness in your front teeth and hard palate after surgery. These symptoms are temporary and should improve.
  - ❖ Start saline (salt water) nasal irrigations the same evening as surgery if possible, then 2-3 times a day afterwards which helps decrease infection and speeds recovery. Use over the counter saline irrigations that you can purchase in any pharmacy, or you may use over the counter saline sprays at least 4 times daily. You can expect to have some thick brown drainage from your nose. This is mucus and old blood. This does not necessarily indicate an infection.
  - ❖ Do not blow your nose for 1 week after surgery. If you must, blow gently. Do not be alarmed if you see dissolving suture or thick gelatinous mucous as absorbable material may have been placed in your nose during surgery to decrease bleeding. Stents are typically not placed post operatively.
  - ❖ Do not bend, lift or strain for 1 week after surgery. These activities will promote bleeding from your nose. You should not participate in rigorous activity until healing is completed.
  - ❖ Do not suppress the need to cough or sneeze; instead, cough or sneeze with your mouth open.
  - ❖ Do not take aspirin and nonsteroidal inflammatory drugs (ibuprofen, naproxen, Advil, Motrin, Aleve, etc.) for a full 7-10 days after surgery.
  - ❖ Sleep with your upper body elevated for the first 2 after surgery.
  - ❖ Take your prescribed medications as directed by your physician. Do not drive, operate any machinery, or drink any alcohol for 24 hours while taking narcotics.
  - ❖ If you are taking blood-thinning drugs (Coumadin, Plavix, Eliquis) upon the recommendation of a physician, please ask your physician about the best time to resume these medications.
  - ❖ If you experience a sudden increase in nasal bleeding, spray over the counter Afrin (oxymetazoline) nasal sprays (2 sprays each side) and pinch your nose along the fleshy, soft part with your fingers for at least 10 minutes with your head upright until the bleeding stops. Avoid using Afrin for more than 3 days. If you are unable to stop bleeding, call the office or go to the emergency room.
  - ❖ In general, you may resume other medications on the day after surgery. If you have questions, please ask your physician.
- Do not hesitate to contact our office for any questions and for any possible emergency situation. Call the office if you have not been given a post-operative appointment. If necessary, do not hesitate to go to the emergency room for immediate care. All emergency situations must be referred to St. David's North Austin Medical Center (12221 N. Mopac Expwy 78758 (512) 901-1000).