
POST OPERATIVE INSTRUCTIONS SEPTOPLASTY, WITH OR WITHOUT TURBINATE REDUCTION

Surgery to straighten the nasal septum will cause swelling in the mucus membranes of the nose. There is usually mucus with small amounts of blood that drains from the nose for several days after surgery. If turbinate surgery was performed as well, bloody drainage will be present for several days. Although there is not usually visible nasal swelling, a light ice bag applied to the nose, if desired, might reduce some discomfort.

If nasal splints are placed in the nose, they will remain in place for about 1 week and are removed in the office. Nasal congestion and breathing through the mouth while the splints are in place is expected and can be uncomfortable. Elevating your nose, sleeping on 2-3 pillows, and keeping your mouth moist by drinking fluids is helpful. Beginning the day after surgery, use nasal saline spray frequently to help keep the nose clear, and apply a small amount of antibiotic ointment into your nostrils with a Qtip twice daily.

DIET

Begin with clear liquids immediately after surgery. Diet can return to normal as tolerated as you get home from surgery. Fluid intake is always important after surgery.

ACTIVITY

Activity is generally restricted for 1 week after surgery. Avoid any injury to your nose. Bathing or showering is fine.

MEDICATIONS

Oral antibiotics as directed by your doctor.

Use pain medication only as recommended by your doctor.

**PLEASE DO NOT HESITATE TO CALL THE OFFICE IF YOU HAVE ANY QUESTIONS,
CONERNS, OR IF PROBLEMS ARISE.**