

## **SEPTOPLASTY / TURBINATE REDUCTION**

### **Post Operative Instructions**

Nurse Line (8:30am to 5pm) **937-496-0261**  
After Hours Doctor Line **937-496-2600**

#### **The Surgery Itself**

Septoplasty and turbinate reduction involves general anesthesia, typically for less than one hour. Patients may be sedated for several hours after surgery and may remain sleepy for the better part of the day. Nausea and vomiting is occasionally seen, and usually resolves by the evening of surgery - even without additional medications. Almost all patients can go home the day of surgery.

#### **After Surgery**

- You may have plastic splints and/or gauze in your nose following surgery; this will make breathing through your nose difficult. A humidifier or vaporizer can be used in the bedroom to prevent throat pain with mouth breathing.
- Bloody nasal drainage is normal after this surgery for 5-7 days, usually decreasing in volume with each day that passes. Drainage will flow from the front of the nose and down the back of the throat. Make sure you spit out blood drainage that drips down the back of your throat to prevent nausea/vomiting. You will have a nasal drip pad/sling with gauze to catch drainage from the front of your nose. The dressing may need to be changed frequently during the first 24 hours following surgery. In case of profuse nasal bleeding, you may apply ice to the bridge of the nose and pinch the nose just above the tip and hold for 10 minutes; if profuse bleeding continues, contact the doctor's office.
- You may notice facial pressure and fullness similar to a mild sinus infection. This is more common if splints or gauze are in place.
- Frequent hot showers, breathing in steam from a pot of boiling water, or simply sniffing a small amount of water through your nose will help break up congestion and clear any clot or mucus that builds up within the nose after surgery. Do not pull at the splints, gauze or sutures in your nose after surgery.
- It is more comfortable to sleep with extra pillows or in a recliner for the first few days after surgery until the drainage begins to resolve.
- Do not blow your nose for 2 weeks after surgery.
- Avoid lifting > 10 lbs. and no vigorous exercise for 2 weeks after surgery.
- Sense of smell and taste are often diminished for several weeks after surgery. There may be some tenderness or numbness in your upper front teeth, which is normal after surgery. You may express old clot, discolored mucus or very large nasal crusts from your nose for up to 3-4 weeks after surgery; depending on how frequently and how effectively you irrigate your nose with the saltwater spray.

#### **Medications**

- Pain medication should be used for pain as prescribed. Pain and pressure in the nose is expected after surgery - the nasal splints cause most of this. As the surgical site heals, pain will resolve over the course of a week. Pain medications can cause nausea, which can be prevented if you take them with food or milk.
- You can purchase 2 nasal sprays for use after surgery: Afrin can be used up to 2 times a day (best before bed) to reduce bloody drainage from the nose for the first few days after surgery. Saline/salt water spray can be used once the nasal splints/gauze are removed to prevent crusting inside of the nose.
- Take all of your routine medications as prescribed, unless told otherwise by your doctor. Any medications that thin the blood should be avoided. (Examples: Motrin, Aspirin, Advil)