

# INSTRUCTIONS AFTER SEPTOPLASTY AND/OR TURBINATE REDUCTION

## 1. Diet

Patients may resume a regular diet without special restrictions. Many patients note a scratchy throat from the endotracheal tube for the first day and may prefer soft food initially.

## 2. Activity

Light to moderate activity is recommended. Avoid heavy lifting and straining for the first week after surgery. Nose blowing initially should be gentle and minimal. Forceful nose blowing can lead to nasal bleeding. Elevating the head while resting or sleeping may be helpful.

## 3. Packing

Your surgeon may place packing and/or plastic splints within your nasal cavity after the surgery. Your surgeon will let you know when these will be removed.

## 4. Nasal Saline Irrigation

Your physician may recommend mechanically cleaning your nose and sinuses with nasal saline. This can remove blood and mucus from the nose and help with healing after the surgery. Nasal saline spray is available over the counter. You can also make a saline solution with the following recipe:

- 1/2 tsp table salt
- 12 ounces of water (clean tap or boiled water)
- Pinch of baking soda

## 5. Pain

Some pain after nasal surgery is expected. It is generally of moderate severity. Take the pain medicine as prescribed by your physician.

## 6. Fever

Low-grade temperature after nasal surgery is common. You should notify our office if your temperature is 101°F or greater.

## 7. Bleeding

Some bloody nasal and postnasal drainage after nasal surgery is expected. You should expect light bloody drainage for the first 1-2 days. Call the office if your bleeding becomes excessive.

## 8. Nausea/Vomiting

Nausea may occur after nasal surgery. Most often it improves significantly the day after surgery. You may be given a prescription medicine to help with nausea. Call the office if you need help managing your nausea or vomiting.

## 9. Nasal Congestion

Severe nasal congestion is to be expected after nasal surgery due to swelling and sometimes due to packing in the nose. You may use decongestant spray or decongestant pills (like Sudafed®) for some relief if tolerated. Please read the packaging insert as decongestants cannot be safely used with certain medical conditions, including high blood pressure and heart disease. Saline spray and elevating the head may also help slightly.

## 10. Medications

Patients should resume all regular medications after surgery, with the exception of blood thinning medications which will be resumed at your physicians instruction.