



Septoplasty with or without Inferior Turbinate Reduction

Instructions After Surgery

What is expected after septoplasty and turbinate reduction?

- 1.** Your nose will be congested following the procedure. Typically, septal splints are placed inside each nasal cavity and sutured to the septum to immobilize the septal cartilage in an effort to ensure favorable healing and the best possible breathing outcome. These splints are removed 5-7 days following the procedure. Breathing is typically dramatically improved following removal of the septal splints in your surgeon's office. Do not manipulate the splints or any of the suture material within the nostrils.
- 2.** You should start rinsing your nasal passages with saline solution starting the morning after the procedure. This can be accomplished with a Neil-Med Sinus Rinse bottle (available over-the-counter at most pharmacies). Rinse out the nasal passages 2-4 times daily. Gently apply a thin layer of petroleum jelly (Aquaphor, Vaseline) or antibiotic ointment (Neosporin, Polysporin) to the nostrils twice daily for the first week. Hot steam showers as needed are very helpful in relieving nasal congestion and crusting.
- 3.** Pain is generally moderate following the procedure. It is common to experience nasal, upper teeth, palate and central facial aching pain. Headache may also be experienced. Severe pain is not expected. Call your physician's office if the pain is not controlled with the prescription pain medication. If you prefer to avoid prescription opioid narcotic medications please check with your surgeon regarding which over-the-counter medications will be best for your post-operative pain.
- 4.** Bloody nasal discharge and bloody post nasal drainage is normal and expected for a few to several days after the procedure. Please wear the gauze drip pad underneath the nostrils until the bloody nasal drip stops. Change this drip pad as needed when it is saturated. Call your doctor's office if the bleeding is severe or the drip pad becomes saturated more than 6 times in one hour.



5. Your sense of smell will likely be absent for 1-6 weeks following the procedure depending on your particular healing process.
6. You can resume taking liquids by mouth once you have awakened from anesthesia. If you have no nausea or vomiting from the anesthetic then you may resume your regular diet following the surgery.

What is the usual follow-up for septoplasty and inferior turbinate surgery?

Your surgeon will likely see about one week following the surgery. During that visit the septal splints will be removed and the nose may be cleaned of clots and debris. Patients typically experience relief of nasal congestion during that visit.

When should I contact the physician after septoplasty and turbinate surgery?

1. Severe bleeding
2. Severe nasal pain or severe headache
3. Fever > 101.5 degrees F
4. Purulent nasal discharge (white or green in color)

What should I avoid after septoplasty and turbinate surgery?

1. Avoid heavy lifting or straining for 2 weeks.
2. Avoid cardiovascular exercise (jogging, rowing, elliptical, cycling) for one week. Walking is encouraged for light exercise during the first week following surgery.
3. Avoid nose-blowing and sneezing with your mouth closed for 2 weeks.
4. Avoid travel by plane for 2 weeks.

