

SEPTOPLASTY (AND TURBINATE REDUCTION)

REMEMBER TO FOLLOW ALL GUIDELINES THAT WERE PROVIDED TO YOU BY THE SURGERY CENTER OR HOSPITAL ABOUT WHAT TIME YOU SHOULD STOP EATING AND DRINKING.

On the day of surgery, please report to the Surgery Center or Hospital on time for your scheduled procedure.

1. Headache and facial pain are normal after surgery. Some soreness and pressure are not relived by pain medication. This is from swelling inside of the nose after surgery. This is normal and will decrease over the days following surgery.
2. It is important to sleep with your head elevated following surgery for the first few days. This will help to decrease swelling and pain. You may choose to sleep with an extra pillow or two or in a recliner, however you are most comfortable.
3. You may be given a prescription for an antibiotic and a pain medication. Antibiotics should be taken as directed, pain meds as needed but no more often than the safe dose. Remember that if you are taking prescribed pain medication you should not drive.
4. Avoid aspirin after surgery but also for one week prior to the surgery if possible. Tylenol, Motrin and related products are acceptable. If you are on a prescribed blood thinner, stopping and restarting these medications should be discussed with your prescribing doctor (Cardiologist, PCP, etc.).
5. Elevated temperature is not unusual after surgery. It is unusual for this to be a sign of infection. Call the office if the temperature is measure to be higher than 101.5 while taking Tylenol. To help keep the temperature down, try to drink as much as possible as this can sometimes be due to dehydration.
6. Do not blow your nose. You may sniff gently. If you have to sneeze, keep your mouth open and let the sneeze out rather than holding it in.
7. Avoid all strenuous activities (exercise, jogging, sports, etc.) until your doctor gives approval. This includes lifting anything over 10 lbs.
8. You may feel like you have a severe "head cold" after surgery. Headache and sore throat are common. Decongestants will not relieve these symptoms. Some people complain of soreness or numbness of the upper teeth. This is normal and will gradually subside, although it may take weeks. Taking hot steam showers will help with the nasal congestion.
9. You will have drainage from the nose for the first few days after surgery. This may be bright red at first and will turn to a darker red or brown and then mucous. You will be sent home from surgery with a drip pad and that can be changed as often as necessary. Should you feel like the bleeding is excessive, use some Afrin or Neosynephrine- this can be done twice daily for 2-3 days. If you need to change the drip pad more often than every 10 minutes, that is too often and you should call the office.
10. Nasal saline sprays/mists should be used regularly following surgery. This helps to loosen secretions and to keep the inside of the nose moist as it heals. These can be purchased over the counter and can be used as often as needed but no less than 3x per day.
11. You may have splints inside of your nose. These will be removed at your scheduled postoperative appointment. After the splints are removed, you may breathe better for a few hours and then have increased congestion again. This is normal and will improve over the following couple of days.
12. CALL THE ON CALL DOCTOR IF ANY OF THE FOLLOWING OCCUR: Change in vision, increased swelling around the eyes, neck stiffness or deep head pain, continued nausea or vomiting or bright red blood that lasts more than 10 minutes or causes choking.
13. You should plan to be out of work until your postoperative appointment. Should you want/need to return sooner, you should discuss it with your surgeon.

14. You will have a postoperative appointment scheduled for you, which will be 6-14 days after surgery. You should have received a card with this appointment location, date and time- if you did not, please call the office to find out when this appointment is.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL THE OFFICE.