

SEPTOPLASTY/TURBINOPLASTY/SINUS PROCEDURES

Post- Operative Instructions

What to expect:

- **Nasal Care:** Nasal bleeding is expected for 2-3 days after your procedure. During the first day there is usually more significant bleeding and then the nasal discharge turns to mucus mixed with blood on the 2nd and 3rd days. The nasal drip pad and gauze will catch this bleeding. Change the gauze often as the gauze becomes saturated. No nose blowing, straining or heavy lifting for 2 weeks. You may dab your nostrils gently but avoid any movement of your nose during wiping. Keep your head elevated on several pillows for 2-3 days. Avoid trauma to the nose. Start to irrigate the nose on the second day after surgery until your first post op visit. You will need to irrigate at least **three times a day**. (I would recommend the NeilMed Sinus Rinse irrigation or something similar). Use an ice pack across the bridge of the nose, 15-20 minutes at a time, several times per day as needed.
- **For Septoplasty:** There is an absorbable suture in your nose holding the incision together that was used to access the septum. It will be tan in color and may have some crusted blood around the ends. If this begins to fall out of your nose you can trim off the end at the nostril opening. Do not pull on this suture.

Post –Operative Instructions:

1. **Activity:** No heavy lifting or straining for 2 weeks. Get plenty of rest. For the first few days you will most likely want to sleep and rest (watch TV or read a book). Going for walks during the first few days is a good idea. More significant activity is not recommended. Driving is permitted after a few days as long as you are not taking pain medication and your vision is normal.
2. **Medications:** Take your pain medication as directed. Take pain medication with food and DO NOT drink alcohol or drive while using pain medicine. For the first few nights you should set your alarm for every 4 hours to take your pain medication. If you are having an upset stomach with the pain medications take them after eating some food. If you are taking pain medication around-the-clock for a few days you may begin to have constipation and should take a stool softener. These medications are over-the-counter (such as Docusate Sodium). You may restart all other routine medications other than Aspirin/NSAID'S (Aleve, Advil, Motrin, Ibuprofen, Alka-Seltzer) which should not be used until three days after your procedure or as otherwise directed.
3. **General Anesthesia:** DO NOT drive for 24 hours or while taking pain medication. DO NOT drink any alcohol for 24 hours or while taking pain medication. DO NOT make any critical decisions for 24 hours. You must have a responsible adult stay with you for 24 hours after surgery.
4. **Diet:** Eat and drink in small quantities for the first 24 hours. Start with liquids and advance to a regular diet as tolerated.
5. **Call Dr. Dent (760-479-2100):** For a persistent temperature above 101.5 degrees or severe chills, nausea or vomiting, pain not relieved by oral medication, difficulty breathing, or if needing to change gauze in the nasal drip pad more often than every 20 minutes.

Prior to your surgery the surgery scheduler should have called in your medications and scheduled your first postoperative visit in 8-10 days. Call Dr. Dent's office if these were not arranged.

If unable to reach your physician with an **urgent** or **severe** problem, call 911 or go to the nearest emergency room.