



SEPTOPLASTY/TURBINOPLASTY POST-OPERATIVE INSTRUCTIONS

POST-OPERATIVE CARE

You will leave the surgery with a mask and gauze under your nose to catch any bleeding. You will need to replace it with clean gauze when necessary. We will provide you with extra gauze. You can stop wearing the mask when the bleeding stops, typically 1-2 days after your procedure. It is not uncommon if you may cough or sneeze and the bleeding restarts. If this occurs then start wearing your mask again. 2 days after your surgery, you will need to perform saline irrigations at least three times a day. It is very normal to have mild bleeding or small blood clots in the saline flush. If there is active bleeding that does not stop with pressure and ice application after 20 minutes, you will need to notify our office. Do not blow your nose for 1 week, this could cause bleeding. If you need to sneeze, open your mouth, as the increased pressure could also cause bleeding.

MEDICATIONS

Take your pain medications as directed. When taking narcotic medication regularly you may begin to experience constipation and should take an OTC stool softener (such as Docusate Sodium).

ACTIVITY

No heavy lifting or straining for 2 weeks. For the first few days, it is recommended to sleep and rest (watch TV or read a book). Going for walks during the first few days is a good idea. After the first week, you may slowly progress your activity and by the second week you can return to normal activity.

DIET

Patients who have had general anesthesia may experience some nausea and/or vomiting. Therefore, we recommend you eat and drink in small quantities for the first 24 hours. Start with liquids and advance to a regular diet as tolerated.

GENERAL ANESTHESIA

Do NOT drive for 24 hours following general anesthesia or while taking pain medication. Do not drink any alcohol for 24 hours following general anesthesia or while taking pain medication. You must arrange for a ride and have a responsible adult stay with you for 24 hours after surgery.

WORK

Most patients plan to take at least 1 week off of work to recover. Every patient is different and some return to work sooner. This will depend on the extent of your surgery, your recovery experience, and the nature of your work.

TRAVEL

No airplane travel for 2 weeks following your surgery due to risk of bleeding.

CALL OUR OFFICE (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 profuse bleeding.

FOLLOW UP APPOINTMENTS

After the surgery, it is necessary to have 2-3 post-operative debridement visits. These visits are vital to healing properly. These appointments should already be scheduled for you by our surgery scheduler.