



### **Post- Operative Instructions Septoplasty and/or Turbinate Reduction**

1. There are no restrictions on diet. Eat or drink whatever feels comfortable, but you might find that clear fluids and soft foods are more easily tolerated for the first 24 hours.
2. Take your medications as directed. Narcotic medications are sometimes provided post-operatively. This type of medication often causes nausea and even vomiting. This is made worse when taken on an empty stomach, so encourage the patient to have something to drink or even better to eat prior to taking this type of medication. If vomiting cannot be controlled, please call your physician.
3. **Activity level** should be minimal for the first day. No vigorous activity/exercise should be allowed for 10 days after surgery. Do not lift anything over 20 lbs and do not pick things up by bending over.
4. It is normal to not be able to breathe through your nose after surgery. If you had splints placed, this will not improve until these are removed in about 7 days. If no splints were placed you'll find that this slowly improves over the course of a couple of weeks. **Do NOT blow your nose** until approved by your physician.
5. **Mild to moderate pain** is common after this surgery. The discomfort normally begins to subside within 2- 5 days. If you had splints placed, the pain at the tip of your nose will improve after the splints are removed. If the pain worsens or is not relieved with pain medication, please call us to let us know.
6. Low- grade temperatures are not uncommon after surgery, but call your physician for a fever over 102.
7. Bruising or swelling of the eyelids is not normal, neither are new onset vision problems. If you experience any of these, please let your physician know immediately.
8. **Bleeding** or bloody drainage from the nose is normal in moderate amounts for the first 48 hours but it will lessen thereafter. If bleeding persists beyond 5 days or is brisk and unceasing after surgery, please contact us for instructions.
9. Do not take aspirin, aspirin- containing products, or those medicines which are considered NSAIDs (ibuprofen, Motrin, Advil, ketoprofen, Excedrin, etc) within 10 days of surgery because they can increase the risk of bleeding. Likewise, if you normally take blood thinning medication, do not restart this until approved by your physician. If you're not sure when this is, please contact us.
10. It is ok to shower. However, if you have a splint or dressing on the outside of the nose, do not allow this to get wet. If the splint falls off before your first post-operative appointment, please contact us to let us know.
11. You should have a post- operative appointment scheduled. If you are unsure of the date or didn't have that scheduled yet, please call us.