

## Septoplasty/Turbinate Surgery – Post Operative Instructions

### What to Expect

- It is normal to have some bleeding for several days after surgery. If bleeding occurs, tilt your head back slightly and breathe gently through the nose. If you leave the hospital with a dressing under your nose, you may change the dressing as needed. If bleeding persists for an extended period of time, please call our office
- Do not blow your nose for one week following surgery. After one week, you may begin to blow your nose gently. If you feel the urge to sneeze, try to sneeze with your mouth open
- For 1 to 2 weeks after surgery, use a saline nasal spray if instructed by your surgeon. You should use 2 sprays to both sides of your nose every 1-2 hours during the day to keep your nose and sinuses moisturized
- Your doctor may order a sinus rinse for you. The purpose of the sinus rinse is to flush out any blood clots and to speed the healing process. The sinus rinses should be done over a sink or in the shower
- Avoid aspirin, ibuprofen, Advil, or any other products containing these medications. You may take Tylenol if you wish an alternative to a narcotic pain medication.
- Avoid any heavy lifting (more than 20 lbs), straining, bending over, exercise, or sports activities for at least 2 weeks after surgery.
- You can expect some nasal congestion for the first 1-3 weeks after surgery as the nose/sinuses heal. If you have splints placed during surgery, they will need to be removed in one week after surgery
- Call the office if you experience any of the following:
  - Fever higher than 101° F
  - Clear, watery, nasal discharge
  - Any visual changes or marked swelling around the eyes
  - Severe headache or neck stiffness
  - Brisk bleeding

### Nutrition

Some patients have less of an appetite, but it's very important to continue to drink plenty of fluids. Drinking fluids will help lessen the discomfort.

### Safety Information for Giving Medications

- Each time you take or give a medication, read the label
- Do not measure liquid with a kitchen spoon. There are pediatric measuring devices available at the pharmacy. Ask for one when you get your prescription filled
- Use the exact amount ordered by your surgeon. If you have questions, ask the pharmacist
- Always watch your child take all of their medication
- Store all medications out of reach of children
- If your child takes too much of any medicine call the Central Ohio Poison Center (800) 222-1222